

# SELWOOD ACADEMY NEWSLETTER

5th May 2026 - Issue 13

## DIARY DATES

- 5<sup>th</sup> - 8<sup>th</sup> May - SATs Revision Week
- 6<sup>th</sup> May - Battlefields Parents Info Evening  
5pm - 6pm
- 11<sup>th</sup> - 15<sup>th</sup> May - Mental Health Awareness  
Week
- 11<sup>th</sup> May - SATs GPS Paper
- 12<sup>th</sup> May - SATs Reading Paper
- 13<sup>th</sup> May - Neurodivergent Children and  
Healthy Eating Habits Talk 5pm - 6:15pm
- 13<sup>th</sup> May - Arithmetic and Reasoning Paper
- 14<sup>th</sup> May - SATs Reasoning Paper 2
- 15<sup>th</sup> May - Ice cream Van for Yr6
- 18<sup>th</sup> May - 6F/6L/6R & 6S - Portsmouth  
Trip
- 19<sup>th</sup> May - 6E/6M & 6W- Portsmouth Trip
- 20<sup>th</sup> May - Wacky Tie Day
- 21<sup>st</sup> May - Whole School Photographs
- 22<sup>nd</sup> May - Yr5 Coffee Morning 11am

## IN THIS EDITION

- Reminders
- Diary Dates
- Upcoming  
Events
- SATs Information
- Careers Spotlight
- Local Events
- School News

### ! Careers Day !

We are excited to be holding our Careers Day on **18th June 2026** and are keen to give our pupils the opportunity to hear from people working in a wide range of professions.

If you, or someone you know, works in a particular career or local business and would be willing to come into school to speak to pupils about your role, career journey and experiences, we would love to hear from you. Hearing directly from professionals is a fantastic way to inspire our pupils and help them learn more about the many opportunities available to them in the future.

If you are interested in getting involved, please do get in touch with the school.

**REMINDER:** For the school day your child will need:

**Mandatory equipment:** Pens - 2 blue and 2 black ink. A pencil, ruler, sharpener and eraser and a reading book - we encourage reading at every opportunity. In addition **Suggested equipment:** Glue stick, whiteboard pen and a set of colouring pencils carried to school in a 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.

## Year 8 Podcast

Our Year 8 pupils created a powerful podcast on public safety before Easter, and Selwood is now a regional finalist! Voting is open until 5pm **TODAY** Tuesday 5th May! Please support us today at [www.collaboratedigital.com/vote](http://www.collaboratedigital.com/vote). You can vote once every 24 hours (email confirmation required), so please share the link and help us get those last minute votes. Who wins? You decide! (Let's make it Selwood!)

SELWOOD ACADEMY, BERKLEY ROAD, FROME, BA11 2EF 01373 462798

[HTTPS://SELWOOD.SOMERSET.SCH.UK/](https://selwood.somerset.sch.uk/)

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# UPCOMING EVENTS

## Neurodivergent Children and Healthy Eating Habits



Selwood Academy is hosting a special parent/carer talk on **Wednesday 13th May** from **5:00 - 6:15pm** with child nutrition expert and author Lucinda Miller. This free session will focus on how healthy eating can support neurodivergent (SEND) children, with practical advice on improving behaviour, focus, sleep and overall wellbeing, even for selective eaters. Places are limited to two tickets per family and will be allocated on a first come, first served basis.

Please reserve your seats via the link sent to your email.



## Year 6 Portsmouth Dockyard Trip

Classes **6F, 6L, 6R** and **6S** will travel on **Monday 18th May**, and classes **6E, 6M** and **6W** on **Tuesday 19th May**. Pupils should meet at the **bus loop** for registration at **7:45am**, with a return time of approximately **4:45pm**. Children should come in full school uniform with comfortable footwear, and bring a raincoat if needed, along with a pen or pencil, a packed lunch and drinks. Pupils entitled to Free School Meals will be provided with a packed lunch on the morning of the trip.

## Wacky Tie Day

Get ready to add a splash of fun to your wardrobe! On **Wednesday 20th May**, we'll be hosting a Wacky Tie Day to raise funds for Dorothy House, in memory of Andrew March. Dig out your boldest, brightest, and most outrageous ties and join us in supporting a wonderful cause. **Suggested donation £1.**



## Whole School Photographs

Whole school photographs will be taken on **Thursday 21st May**. Please ensure that all pupils arrive in full school uniform and are ready for the photographs on the day.

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# SCHOOL NEWS



## Parent/Carer Survey

You will have been sent a link to the Summer Parent/Carer Survey to your email. This survey has helped us to develop many areas of the school over recent years and remains an important part of our ongoing improvement.

Some examples of positive changes include the introduction of Forest School, an increased number of trips, improvements to home-school communication, enhanced events such as Sports Day and Careers Day, and updates to the behaviour policy.

The survey will close on Tuesday 5th May. We kindly ask all parents and carers to take a few moments to check their emails and complete the survey if you have not already done so.

## Year 5 & 7 Paris Trip



Our Year 5 and Year 7 pupils ended last term in style with the much-anticipated trip to Paris, and what an incredible experience it was!

From start to finish, the children conducted themselves impeccably and were a real credit to the school. Their enthusiasm, curiosity, and excellent behaviour made the trip a pleasure for everyone involved.

Pupils fully embraced all that the city has to offer, taking in the sights, culture, and atmosphere of beautiful Paris. A definite highlight was the unforgettable day at Disneyland Paris, where excitement levels were sky-high and smiles were everywhere!

It was a truly memorable and action-packed trip, filled with fun, laughter, and experiences that will stay with the children for years to come.

A fantastic way to round off the term!

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# SCHOOL NEWS

## Lion's Sponsored Swim



This fantastic group of pupils raised over £2,000 in the Lion's Sponsored Swim, supporting several charities and our PTA. They also won the cup for swimming the most lengths! A brilliant achievement we are very proud of.

## Author Visit



We were delighted to welcome back author Ash Bond to celebrate the launch of her third Peregrine Quinn book. Her engaging session gave pupils valuable insight into the writing process, sparking enthusiasm, curiosity, and inspiration to explore their own creative ideas.

## Year 7 Black Country Museum Trip



The Year 7s had a wonderful trip to the Black Country Living Museum, an open-air museum that brings the industrial history of England's Black Country to life. They explored recreated streets, shops, and homes from the 19th and early 20th centuries, with costumed staff demonstrating traditional trades and everyday life. It was an engaging and memorable way to experience what life was like during the region's industrial past.

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# SCHOOL NEWS

## Year 8 Theatre Trip



Some of our Year 8 pupils enjoyed a fantastic trip to London to see The Phantom of the Opera. A highlight of the visit was meeting Beatrice Penny-Toure, who played Christine, and having the opportunity to take a group photo with her after the performance.

### GEOGRAPHY THIS TERM

YEAR 5	YEAR 6
<p>Y5 have continued to learn about the UK and have been working on their team work and memorisation skills. We will move onto a physical Geography topic all about rivers.</p>	<p>Y6 have been focussing on the variety of life in our oceans. They will also learn about Climate Change and find out what they can do to make a difference to planet Earth.</p>
<p>Y7 are learning about weather and climate. We have reviewed the water cycle and are in the process of learning why it rains and the three types of rainfall. We will also be learning how to construct and interpret a climate graph. Their termly homework project is to make a biome box of their choice and to give a short talk on it.</p>	<p>Y8 have discovered why oceans are so important to us and why they are at risk. They will be learning about the 4 main marine ecosystems, their value, what species live there and their incredible adaptations before looking at plastics.</p>

Labels: Condensation, Evaporation, Precipitation, Climate graph, Deep-sea hydrothermal vent, Kelp forest, Cold-water coral reef, Mangrove swamp

### HISTORY THIS TERM

YEAR 5	YEAR 6
<p>Y5 This term students will be studying a topic on the <b>MEDIEVAL MONARCHS</b> and asking the question what made them significant?</p>	<p>Y6 students will be learning about the reign of <b>QUEEN ELIZABETH THE FIRST</b> - we will look at her childhood, the problems she faced and how she presented her power through imagery.</p>
<p>Y7 are concluding their topic on the <b>INDUSTRIAL REVOLUTION</b>. Once this topic is completed they will be moving on to the <b>SLAVE TRADE</b>.</p>	<p>Y8 are just concluding their topic on the <b>HOLOCAUST</b>. They will be moving on to the <b>SECOND WORLD WAR</b>.</p>

# YEAR 6 SATS – INFORMATION FOR PARENTS AND CARERS

We would like to share important information regarding the upcoming SATs assessments for our Year 6 pupils, along with guidance on how families can best support children during this period.



## Key Dates

Revision Week for SATs: 5th – 8th May

SATs Test Week: 11th – 14th May

Mental Health Awareness Week: 11th – 15th May (running alongside SATs)

Year 6 Reward Event: 15th May – Ice cream van visit

During revision week, pupils will take part in focused preparation activities in school to help them feel confident and ready for the tests.



## How You Can Support Your Child at Home

The support of families plays an important role in helping children feel calm and prepared.

The following suggestions may be helpful during this period:

Maintain consistent routines, particularly around bedtime and morning organisation, to support good rest and concentration.

Encourage short, manageable revision sessions rather than extended periods of study.

Promote a balanced approach, ensuring time for relaxation, play, and physical activity.

Reassure your child that the SATs are one part of their learning journey and that effort is what matters most.

Avoid placing pressure on outcomes and instead focus on encouragement and confidence-building.



## Supporting Wellbeing

As SATs week coincides with Mental Health Awareness Week (11th–15th May), the school will be placing a strong emphasis on pupil wellbeing alongside assessment preparation.

At home, you may wish to:

Encourage open conversations about feelings and any worries your child may have.

Reassure children that feeling nervous is normal and manageable.

Support simple strategies for relaxation, such as deep breathing or quiet time.

Reinforce that SATs do not define a child's ability, potential, or future success.



## Celebration of Effort

We are very proud of the hard work and dedication shown by our Year 6 pupils in the lead-up to their SATs. To celebrate their commitment, pupils will be rewarded with a special ice cream van visit on 15th May.

We thank you for your continued support in helping our pupils approach this period feeling prepared, supported, and confident.

# CAREERS SPOTLIGHT



## Zoo Keeper



### *What do they do?*

Zookeepers are responsible for the daily care and wellbeing of animals in zoos, wildlife parks, and conservation centres. Their work includes:

Feeding animals and preparing special diets tailored to each species

Cleaning enclosures and ensuring habitats are safe and comfortable

Observing animal behaviour and monitoring health

Supporting veterinary teams during health checks or treatments

Providing enrichment activities to keep animals mentally and physically stimulated

Talking to visitors and helping to educate the public about wildlife and conservation

### *Key skills needed:*

A strong interest in animals and conservation

Responsibility and attention to detail

Physical fitness and willingness to work outdoors in all weather

Teamwork and communication skills

Patience and calmness when working with animals



### *What do Zookeepers do day to day?*

A zookeeper's day involves checking animals are safe and healthy, preparing and giving carefully planned diets, and cleaning and maintaining enclosures. They monitor behaviour and health, provide enrichment activities to keep animals stimulated, and keep detailed records. Many also speak to visitors to share information about the animals and conservation, before finishing the day with final checks and securing enclosures for the night.

### *How do you become one?*

Many zookeepers start by studying subjects such as biology, animal management, or zoology. Some go on to complete college or university courses, while others begin with volunteering or apprenticeships at animal centres or farms.

Experience working with animals such as at wildlife parks, farms, or rescue centres is often very valuable when applying for jobs.

### *Why is this job important?*

Zookeepers play a vital role in protecting endangered species, supporting conservation projects, and educating the public about the importance of wildlife. Many zoos also take part in breeding programmes that help to protect animals at risk in the wild.

# FROME YOUNG WRITER COMPETITION 2026

Write a story of between 150 & 2,000 words

Story  
theme: **THE SPARK**

Could you be the next Rick Riordan

or Katherine Rundell?

or Alice Oseman?

free entry

To enter or more information email:  
[fromewriterscollective@gmail.com](mailto:fromewriterscollective@gmail.com)

Judge: Joffre White

Sponsor: Kerry Wilkinson

Deadline: 31 May

PRIZES

7-11  
YRS

12-18  
YRS





April/May/June 2026



# Somerset School Nurse Team Newsletter

## Welcome to the Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people : Health & Wellbeing : Phn School Nursing](#)



Feedback QR code

### ONLINE SAFETY

Are you worried about your child being online?

For more information and advice visit:  
[Keeping children safe online | NSPCC](#)

**S** **M** **A** **R** **T**

**SHARE RESPONSIBLY**  
We all love to share photographs, fun things we're doing and much more.  
Be careful what you share and always ask permission if somebody else is in the photo or video.

**MANAGE your PRIVACY**  
If you're using apps that can communicate with others, turn on privacy.  
Only let people you really know follow you unless you've asked permission from your parents.

**ASK for HELP**  
Don't ever be worried about asking for help from someone you trust.  
You will NOT be judged.

**RESPECT OTHERS**  
Be kind.  
Other people may have different opinions from you.  
That's okay, but if they become abusive, take screenshots, block and report and tell an adult.

**THINK CRITICALLY**

**TRUST your INSTINCT**  
Is it true? Does that person really know me? Has that really happened?  
Always question!

### Fussy Eating in Children



Do you worry about your child being a fussy eater?

For further information check out the following webinars, or speak with you GP or School Nurse team for further support

[Webinar on Fussy Eating in Children - patientwebinars.co.uk](#)



## ELSA Support



Did you know that most primary schools are able to offer ELSA support to school aged children in their care around a variety of topics including bereavement, anxiety, stress, friendships and managing emotions/feelings.

ELSA stands for Emotional Literacy Support Assistant, and they are specialist teaching assistants with a wealth of knowledge and experience of working with children.

ELSA's are trained and regularly supervised by the Educational Psychologists.

Their aim is to build your child's emotional development and to help them cope with life's challenges.

The ELSA will help your child to find solutions to problems they may have.

Please speak with the ELSA in your school if you feel this support could benefit your child.



UK Government NHS

**WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS**

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

**STAY STRONG. GET VACCINATED.**



## HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE?  
Follow Toothie's tips to keep your smile strong and you feeling great every day!

### BRUSH EVERY MORNING AND NIGHT

- 1 Use a fluoride toothpaste.
- 2 Brush all the sides and surfaces of your teeth for 2 minutes.
- 3 After brushing, spit don't rinse.

### VISIT THE DENTIST REGULARLY

- The dentist will ask you to open your mouth wide.
- The dentist will check your teeth are growing properly.
- The dentist will help keep your teeth clean and healthy.

### EAT HEALTHY FOOD AND AVOID SUGARY DRINKS

- Too much sugar is bad for everyone.
- Sugary drinks and unhealthy snacks between meals can cause holes in your teeth if you have them too often.
- Our mouths and bodies are stronger and happier when we have healthy food and drinks.

fdi worldorathealthday.org #WORLDORHEALTHDAY World Oral Health Day

## National Sun Awareness Week

**11th May – 17th May 2026**

As the nicer weather approaches it is important to remember to stay safe in the sun.

### Sun Safety Tips

**Make sure you:**

- \*Spend time in the shade between 11am & 3pm
- \*Cover up with suitable clothing and sunglasses
- \*Take extra care with children
- \*Use at least factor 30 sunscreen

For more advice please visit:  
[Sunscreen and sun safety - NHS](#)

## ChatHealth

Parent advice & support  
Healthy lifestyles  
School transitioning  
Emotional health

**is your child 5-19 and are you looking for confidential help and support?**

A safe and easy way to contact your School Nursing Team

Just send a text  
**07480 635 515**

Improving LIVES

**Disclaimer:** This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may

### Somerset School Nurse Team Contact Details:

Email: [schoolnurseduty@somerset.gov.uk](mailto:schoolnurseduty@somerset.gov.uk)

Tel: 0300 790 9854

## Tips for SATs Week

- The SATs don't affect what school you will get into
- They are important, but most teachers just want you to do your best
- Lots of schools make the SATs week really relaxed, having breakfast clubs, extra playtime, relaxation time, no other lessons, so it can even be fun. Find out what your school is doing
- This is good practice for taking tests. But you can do it in the comfort of your school which you know well and will help support you
- Talk to your friends and family about how you are feeling about the SATs. It's likely that other people are feeling a bit nervous too
- If you're struggling, talk to your teacher or another adult at school that you trust and you know will listen
- If it helps, write a timetable for the week. Make sure you add some treats, like watching your favourite show, doing sport, or having your favourite meal/snack
- Talk to the people around you and tell them what you think would help you in that week, e.g. I might need more hugs or down time; I need to get to bed on time; I want you to walk me to school in the mornings
- Concentrate on the tests one at a time. Do your best and however they go, try to let the last one go and then focus on the next one
- Try to eat well, sleep well and take some exercise that week
- Get your clothes and school bag ready each night, so in the morning you can stay calm
- Celebrate when they are over!

As we approach exam season here are some tips to share with your child...

## Issues with bedwetting?

Check out the video below for advice...



### [ERIC Helpline Podcast - Bedwetting \(short version\) on Vimeo](#)

For further advice or support speak with your GP, School Nurse Team or click on the link below:



[Home - ERIC](#)



# SELWOOD ACADEMY'S — CLOTHING BANK —

RECYCLE YOUR CLOTHES • SUPPORT OUR SCHOOL

Located in the school car park by the 3G pitch gates, Selwood Academy's clothing bank accepts clean, dry donations of clothes, belts and bags, paired shoes and soft toys.

Items are collected and recycled through a textile scheme, with funds raised sent directly to Selwood Academy PTA to help enrich the learning environment for all pupils.

## PLEASE DONATE:

- Clothes
- Belts & Bags
- Paired Shoes
- Soft Toys



Follow Selwood PTA on Facebook:  
[facebook.com/SelwoodAcademyPTA](https://facebook.com/SelwoodAcademyPTA)



# PRE-LOVED UNIFORM SALE

— SWAP or SHOP —

Monday 18<sup>th</sup> May  
2:30pm - 3:30pm

Cricket Club Car Park

Pre-loved Selwood Academy uniform for sale or to swap,  
please bring items clean and in good condition.

If you're unable to make the sale, please email:  
[selwoodacademyfromePTA@gmail.com](mailto:selwoodacademyfromePTA@gmail.com)  
for inventory and to reserve items.

