

# SELWOOD ACADEMY NEWSLETTER

3rd July 2026 - Issue 16

## DIARY DATES

- 3<sup>rd</sup> July - Yr 8 Thorpe Park Trip (Meet at bus loop 7:20am. Approx arrival time back to school 8pm. Leavers hoodies permitted)
- 6<sup>th</sup> July - 8<sup>th</sup> July - Yr 6 Mendip Trip 6M, 6L, 6F, 6E (x5) (Drop off/collection usual time)
- 8<sup>th</sup> July - 10<sup>th</sup> July - Yr 6 Mendip Trip 6R, 6S, 6W, 6E (x16) (Drop off/collection usual time)
- 7<sup>th</sup> July - Yr 5 College Trip
- 10<sup>th</sup> July - Yr 8 Prom (Frome Rugby Club 7pm - 10pm)
- 15<sup>th</sup> July - Reports Home
- 15<sup>th</sup> July - Rewards Afternoon
- 15<sup>th</sup> July - Summer Arts Festival 5pm - 7pm
- 16<sup>th</sup> July - Leavers Service
- 17<sup>th</sup> July - Last Day - Early Finish 12:05pm (Leavers Hoodies permitted)

## Summer Term Clubs

Parents and carers are kindly reminded to check the finish dates for their child's after school clubs, as these vary between clubs.

Please note that not all after school clubs run during the final weeks of term, so we ask families to double check arrangements and ensure suitable collection or childcare plans are in place where needed.

Club dates and individual finish information can be viewed on Arbor or via the after-school club information page here:

<https://selwood.somerset.sch.uk/parents/useful-information/After-school-club>

## PAYMENT DEADLINES

*Please see ParentPay for amounts due.*

- 6<sup>th</sup> July - Year 8 Battlefields Trip 2027 Deposit
- 17<sup>th</sup> July - Year 5 Swimming Contribution

## Lost Property

We have lots of unnamed lost property in school. Please ask your child to check lost property before the end of term. Parents are also welcome to look through items during reception opening hours.

Any unclaimed items will be responsibly recycled or donated at the end of term.

## Lunch Account Balances

If your child is leaving Selwood Academy at the end of this term, please log in to ParentPay to check for any remaining balance on their lunch account.

We recommend that any outstanding balance is used before your child's final day, as funds cannot be transferred to their new school. Alternatively, balances can be transferred to a sibling or relative currently attending Selwood Academy (this does not include new starters in September).

To request a transfer, please contact the school by Friday 10 July 2026. Requests received after this date may not be processed.

If you need any further information, please email the school.

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

## Mr Finlay's Ironman!

This July, I'll be taking on one of the biggest physical and mental challenges of my life: the Swansea 70.3 Half Ironman.

The event consists of a 1.9km sea swim, a 90km cycle, and a 21.1km half marathon, all completed in a single day. It's a test of endurance, determination, and resilience, and one that I've been working hard to prepare for.

But this challenge is about much more than crossing the finish line and earning a medal. I'm taking part to raise funds for Dorothy House, a charity that provides outstanding care and support to people with life-limiting illnesses and their families. I'm also supporting a very special additional cause that is deeply personal to me and close to my heart.

Every mile, every training session, and every step on race day will be driven by the opportunity to make a difference.

For anyone interested in learning more or making a contribution, details of the fundraising campaign can be found on the donation page below.

Donate here:

**[Mr Finlay's Donation Page](#)**

# SCHOOL NEWS

## Cricket Team Crowned District Champions!

Our Year 6 Cricket Team has hit it out of the park! In a spectacular display of skill, teamwork, and sportsmanship, the team recently competed in the Mendip District Softball Cricket Tournament and walked away as the undefeated champions.

Facing off against four of the strongest schools from across the district, the Selwood squad put on an absolute masterclass. They showed nerves of steel both at the crease and in the field, winning every single game they played.

Thanks to their flawless clean sweep, the team did qualify for the Somerset County Finals to represent the Mendip district, however this had to be cancelled due to heatwave.

"I could not be prouder of this group of players," said Mr. Hershbein, Head of PE. "Winning a tournament is always fantastic, but to win every single match against such tough district competition takes real determination and teamwork. They represented Selwood Academy brilliantly."

The entire school community congratulates the Year 6 team on this phenomenal achievement.

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# SCHOOL NEWS

## Sports Day

We were fortunate to enjoy beautiful weather for this year's Sports Day, making it a fantastic occasion for all involved. Pupils demonstrated excellent teamwork, determination and sportsmanship throughout the day, giving their best in every event.

Most importantly, the children thoroughly enjoyed taking part, supporting one another and celebrating each other's achievements. Well done to everyone for making the day such a success.



## PE Expectations

Please be aware that we require your child to be able to remove all piercings and jewellery for all sporting activities they take part in at school. This includes PE and after school activities.

- Jewellery should be removed at home before school on PE days. Or be able to remove them for the PE lesson by themselves (teachers can not help with this).
- Schools cannot accept disclaimers or waivers relating to jewellery injuries, or using tape to cover piercings.
- Get piercings at the start of the summer holiday is highly recommended to allow 6 weeks of healing time.

If a child wears earrings or jewellery to a PE lesson or a sporting after school activity that they cannot remove they will be given an alternative non playing role by the teacher.

# SCHOOL NEWS

## Rufus Reaches New Heights at County Trials!

A massive congratulations to Rufus in Year 8, who recently represented Selwood Academy and the Mendip schools district team at the prestigious Somerset schools County athletics championships.

Competing against the top athletes from across the county is no small feat, but Rufus rose to the occasion flawlessly in the high jump event. Demonstrating incredible focus, technique, and athletic grit. Having only started high jump earlier on this term this was an achievement in itself.

Not only did Rufus hold his own against fierce competition, but he also smashed his previous record to clear the bar at a phenomenal 1m 40cm—marking a brand-new Personal Best!

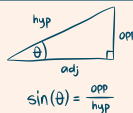
"Rufus showcased exactly what Selwood spirit is all about: dedication, hard work, and striving for your absolute best. To perform at that level under pressure is a fantastic achievement." —

Selwood PE Department

The whole Selwood Academy community is incredibly proud of Rufus's brilliant achievement.

We can't wait to see how he gets on when he grows taller over the next few years.

Way to go, Rufus!



## Maths Challenge

Last week we sent a team of Year 7 and Year 8 pupils to the MNSP schools Maths Challenge Finals for the first time. Leo, David, Max and Harry competed against 11 other schools from the MNSP trust including Beechen Cliff, St Marks, Norton Hill, Hayesfield Girls amongst others. The boys did fantastically and despite the extreme heat managed to come out as winners! Well done boys on a fantastic achievement. We will look forward to defending our trophy next year!



## Sewing Club Success

A huge well done to Year 7 pupil Isaac, who has created this fantastic hoodie in Sewing Club. His hard work, creativity and sewing skills have really paid off, and the finished result looks amazing. Keep up the great work, Isaac!

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# SCHOOL NEWS

## Wesley Day

Our pupils enjoyed a fantastic Wesley Day, taking part in a range of engaging activities focused on the environment and our local community.

Throughout the day, pupils participated in wildlife-themed sessions with Jo Morris, the WHY Workshop, Everyone Pockets, and had visits from Frome Town's Liz Stone, as well as helping to litter pick around the school site and local community. The varied programme provided plenty of opportunities to learn new skills, explore environmental issues, and make a positive contribution to the school community.

It was wonderful to see such enthusiasm, teamwork, and engagement from all of our pupils throughout the day.

A sincere thank you to our visitors, staff, and volunteers for their support in making the day such a success. The pupils gained valuable knowledge, enjoyed memorable experiences, and should be proud of the positive impact they made.



# CAREERS SPOTLIGHT



## Social Worker

### *What do they do?*

Social workers support people who may be facing difficulties in their lives and help them access the services they need. They work with children, young people, adults, families, older people, and individuals with disabilities. Their role is to improve people's wellbeing, protect vulnerable individuals, and help people live safe, healthy, and independent lives.

### *Key skills needed:*

Social workers need excellent communication and listening skills. They must be compassionate, patient, and able to build trusting relationships with people from different backgrounds. Problem-solving, organisation, resilience, and decision-making skills are also important, as social workers often deal with complex situations and challenging circumstances.

### *What do they do day to day?*

A social worker's daily tasks can vary depending on who they support. They may meet with children and families, assess people's needs, create support plans, visit homes, work with schools and healthcare professionals, and help people access housing, education, financial support, or healthcare services. Social workers also keep detailed records, attend meetings, and ensure that vulnerable people are protected from harm.

### *How do you become one?*

In the UK, you usually need a degree in Social Work approved by the relevant professional regulator. Before starting a degree, you will typically need GCSEs and A-levels or equivalent qualifications. After completing your degree, you must register as a social worker before practising professionally. Some people enter the profession through apprenticeships or graduate training programmes.

### *Why is this job important?*

Social workers play a vital role in supporting individuals and families through difficult times. They help protect children and vulnerable adults, promote wellbeing, and ensure people receive the support they need to live safely and independently. Their work can make a lasting difference to people's lives and help build stronger, healthier communities.





SELWOOD ACADEMY

ANGLICAN/METHODIST FOUNDATION SCHOOL



# CREATIVE ARTS FESTIVAL



WEDNESDAY 15TH JULY

5PM - 7PM

## 3 STAGES FEATURING

- MUSIC
- DANCE
- SHAKESPEARE & KS2 DRAMA GROUP

## ART GALLERY



THE PTA WILL BE  
PUTTING ON A BBQ  
**SO BRING CASH!**

COME ALONG, ENJOY THE SHOWS  
AND CELEBRATE CREATIVITY TOGETHER!



The logo features a stylized orange and white graphic of a face or mask on the left. To its right, the text '2001-2026' is written in a small font, followed by a large '25' with 'YEARS' written vertically to its right. Below this, the words 'FROME FESTIVAL' are written in large, bold, black capital letters.

2001-2026 **25** YEARS  
**FROME  
FESTIVAL**

**FRI 3 ~ SUN 12 JULY 2026**

**MUSIC, COMEDY, THEATRE, LITERARY,  
HIDDEN GARDENS, FREE EVENTS,  
THE FOOD FEAST, OPEN ART TRAIL,  
EXHIBITIONS, WORKSHOPS, WALKS,  
TALKS, CHILDREN'S EVENTS  
& SO MUCH MORE**

A vibrant, cartoon-style illustration depicting a festival scene. In the upper right, a group of people are dancing and playing instruments on a stage. A large, stylized '25' is integrated into the scene. In the lower left, a crowd of people is gathered, with some playing musical instruments like a trumpet and a saxophone. A dog is also visible in the crowd. The background shows a town with houses and a church spire. The overall atmosphere is festive and celebratory.

**SIR TONY ROBINSON  
CARA DILLON  
NIGEL PLANER  
AFRIQUOI X BCUC  
ELIZA CARTHY  
KIKI DEE  
PHIL ELLIS  
TIMMY MALLETT  
XUEFEI YANG  
& MARIA VEGA  
THE MONOCHROME SET  
BUENA BRISTOL  
SOCIAL CLUB**



SCAN TO BOOK  
**FROMEFESTIVAL.CO.UK**



# GET CREATIVE GET INVOLVED. BE PART OF IT.



Creative Makers CIC is a not-for-profit community interest company passionate about inspiring children and young people through art, creativity and enterprise. Our charitable aim is to make art accessible to every child, including those who may not normally be able to afford it.

## CREATIVE MAKERS HAS PARTNERED WITH FROME INDEPENDENT MARKET AND WE'RE RUNNING A REGULAR STALL!



CHILDREN CAN APPLY TO BE PART OF THE STALL – EITHER TO HELP RUN IT, SELL THEIR OWN CREATIONS OR CONTRIBUTE WORK TO BE SOLD.



GAIN REAL-WORLD EXPERIENCE



BUILD CONFIDENCE



BE PART OF YOUR COMMUNITY

### WHY GET INVOLVED?

- ✓ Build confidence and self-belief
- ✓ Make new friends and work with other young creatives
- ✓ Learn valuable business and communication skills
- ✓ Gain independence and a sense of responsibility
- ✓ Be part of the local community
- ✓ Earn money from your creativity while supporting a great cause!

### WHAT CAN YOU MAKE?

- ★ Paintings & drawings
- ★ Prints & postcards
- ★ Jewellery & bracelets
- ★ Badges & keyrings
- ★ Hair accessories
- ★ Cards & stationery
- ★ ...and anything else you can dream up!

**YOUR CREATIVITY.  
YOUR STORE.  
YOUR SUCCESS.**

### GET IN TOUCH FOR MORE INFO!

We'd love to hear from you if you're a parent, teacher or young person who wants to get involved.



[creativemakersfrome@gmail.com](mailto:creativemakersfrome@gmail.com)



[www.creative-makers.co.uk](http://www.creative-makers.co.uk)

### WANT TO TAKE PART?

### APPLY NOW!

Open to children and young people from **PRIMARY SCHOOL, MIDDLE SCHOOL & SECONDARY SCHOOL.**

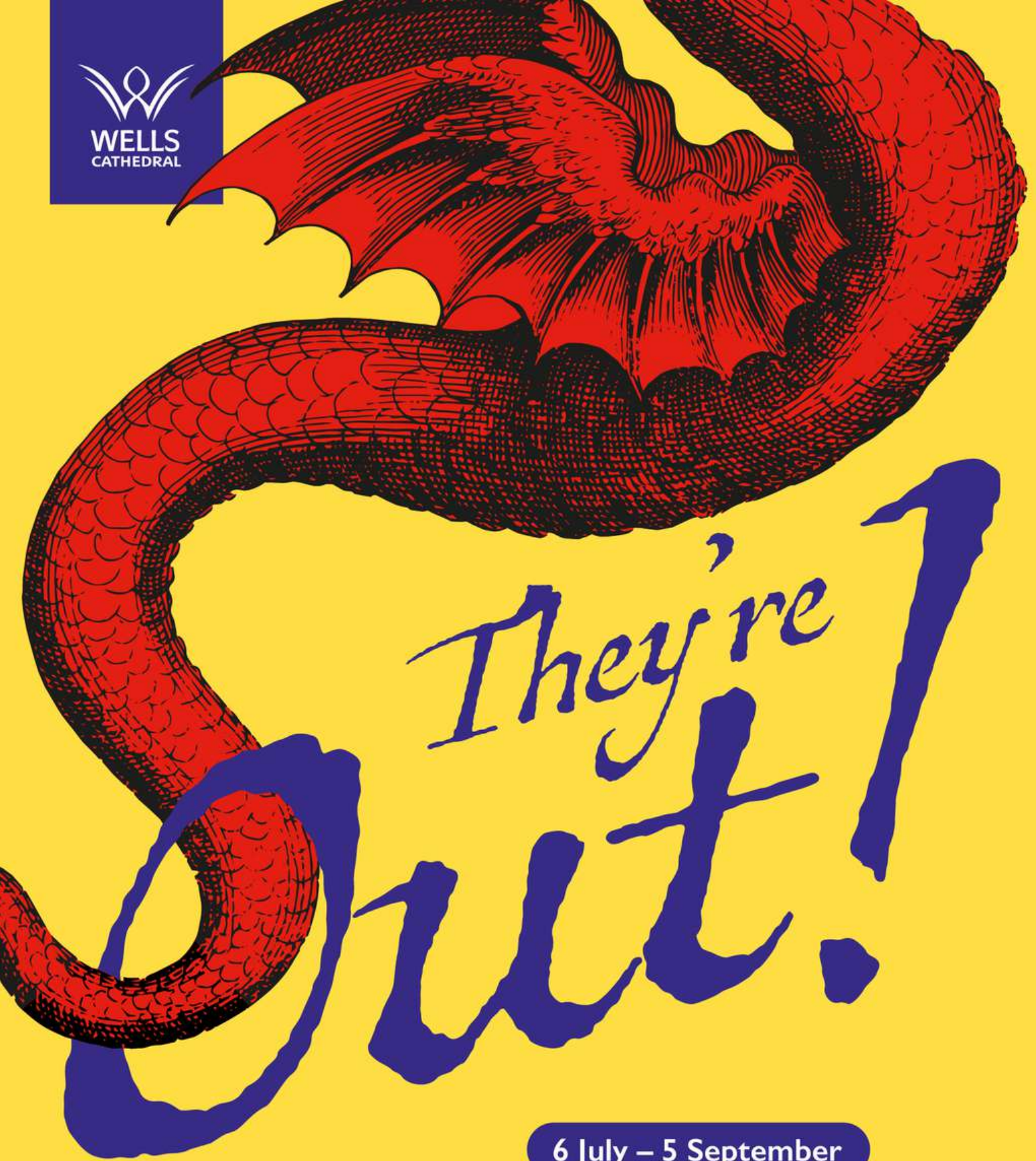
Whether you love making, designing, helping others or chatting to customers – there's a place for you!



INTERESTED?

GET IN TOUCH FOR MORE INFO!





*Mythical  
Creatures*  
WELLS CATHEDRAL

6 July – 5 September

Mythical creatures have escaped from the books in Wells Cathedral's medieval library – and they need your help!



Fly over to:  
[wellscathedral.org.uk/creatures](http://wellscathedral.org.uk/creatures)

# 10 Top Tips for Parents and Educators

## MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

### 1 ASK A GROWN-UP FIRST



For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

### 2 PROTECT SLEEP BUFFERS



Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

### 3 CO-VIEW AND CHAT



Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

### 4 KEEP DEVICES HIDDEN



Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

### 5 PLAN THE TRANSITION



The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

### 6 LEAD BY EXAMPLE



Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

### 7 MAKE SCREENS PREDICTABLE



Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

### 8 CREATE SCREEN ZONES



Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

### 9 USE SIMPLE SCRIPTS



Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

### 10 PRIORITISE SLOW CONTENT



Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

## Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



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