SELWOOD ACADEMY NEWSLETTER

14th November 2025 - Issue 4

DIARY DATES

November

Mon 17th - Fri 21st - Year 6 PiXL Week

Tues 18th - Year 8 coffee morning 11am

Wed 19th - Paris info evening 5pm - 6pm

Thur 20th - Yr5 & 6 Author Visit

Tues 25th & Wed 26th - Interform

Wed 26th - Year 7 & 8 Cross country trials

PAYMENT DEADLINES

- Year 6 Mendip Camp 2026 - **14th Nov (non-refundable deposit)**
- Year 6 Portsmouth Dockyard Trip – **24th Nov**
- Siciliy Trip Instalment 2 - **1st Dec**
- Battlefields Trip Instalment 3 - **16th Jan**

IN THIS EDITION

- Reminders
- School News
- Recent Events
- Useful info

REMINDERS

HEALTH NOTICE - HEAD LICE

We have been notified of a few cases of head lice among pupils. While head lice are not dangerous, they can be bothersome & are spread through close contact. We kindly ask that families check their children's hair regularly and treat promptly if lice or nits are found. Thank you for your continued support.

YR 6 MENDIP RESIDENTIAL

If you would like your child to attend this trip, the deadline to complete the permission & deposit payment is 14th November. Please see link below:
Permission Form

WORLD KINDNESS DAY



Following our celebration of World Kindess Day, there will be a 'Kindness Box' in B Block outside B Block Hall. During social times children can post about acts of kindness they have been part of/witnessed.

REMINDERS



Christmas Lunch



This year the Christmas Lunch for pupils will be held on **Thursday 18 December.** The deadline for placing your order and paying for the lunch is **Friday 28 November.** The cost of the meal will be £3.50 and must also be paid for on ParentPay by the deadline.

You must complete the Google form to place your order and give any dietary requirement information by the deadline.
https://forms.gle/CS8EX9WbTwayiP5LA

If your child is entitled to Free School Meals they will be allocated a free meal but you must still fill in the Google form by the deadline to confirm their choice of food.

Selwood Autumn Inter-Form

We are excited to announce Selwood's Autumn Inter-form event for 2025. On the below dates, your child will be representing their tutor group in either a tag rugby, netball or benchball team. The event will take place during the days and lessons stated below. Tutors will decide which team your child we be in. On the relevant day pupils will attend school in PE kit, including warm layers, coats, 3G boots (for tag rugby)

Year 5 Wednesday 26th November - Lessons 1 &2
Year 6 Tuesday 25th November - Lessons 3 & 4
Year 7 Tuesday 25th November - Lessons 1 & 2
Year 8 Wednesday 26th November - Lessons 3 & 4

SCHOOL NEWS

English Update

In English this term, we have been focussing on the concept of storytelling - with Year 5-8 looking at the importance of storytelling in their lives.

Year 5 - Are reading a novel, told through poetry, called 'Cloudbusting' by Malorie Blackman. They will be learning about different poetic styles and how Freytag's pyramid can be used to structure a story.

Year 6 - Have been looking at the storytelling involved in myths and legends. They are currently looking at the role of dragons in mythology and will be readying themselves for their second practice PiXL tests. They are exploring how Freytag's pyramid works in a shorter story format (such as a myth)

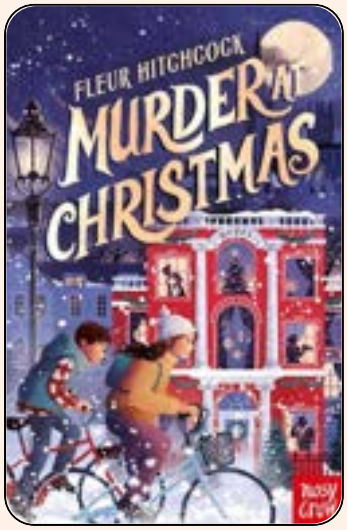
Year 7 - Are looking at the genre of gothic literature and will be exploring how exposition (the opening of a story) works in gothic literature. They will be studying the opening of 'Dracula' by Bram Stoker and a number of other key texts before writing their own gothic opening.

Year 8 - Are looking at the dystopian genre of literature. Exploring the openings of texts like '1984', 'The Hunger Games' and 'Happyhead' before writing their own dystopian opening.

Year 7 & 8 Author Visit

On **Thursday 20th November**, we are thrilled to welcome back the fabulous local author Fleur Hitchcock to celebrate the release of her new novel 'Murder at Christmas.' This event will take place during P3, for Year 7 and 8 pupils.

We've also teamed up with the wonderful Hunting Raven books (found on Cheap Street in Frome) to offer the book at the specially **discounted rate of £6.99**. This can be pre-ordered ahead of the event via ParentPay.



RECENT EVENTS



Year 6 Harvest Festival

The Year 6 Harvest Festival was a wonderful occasion. The pupils were absolutely fantastic, and filled both parents and teachers with pride. Their creativity shone through, as did your generosity.

We are truly grateful for all the wonderful donations.

Lantern Workshop



Some of our year 7 & 8 pupils have been busy creating their lantern masterpieces to showcase at the Lantern Parade in Frome on 21st November. The theme this year is 'Peace' and we are looking forward to seeing all their creations on the night.









Year 7 Drama



Our Year 7 pupils have been exploring the art of physical theatre working with trestle masks to bring their characters to life!

By removing facial expressions, the focus shifts to movement, posture, and teamwork — and our Pupils have really risen to the challenge.

RECENT EVENTS

Remembrance Day

We were very proud of all our pupils as we paused for two minutes on Tuesday to remember those who gave their lives during the World Wars. There was a wonderful display of red poppies with thought provoking messages laid out at the front of the school.





Carnival Spirit!

We would like to say a huge CONGRATULATIONS to Ben who has won the Canival Spirit award at Trowbridge Carnival.This is a fantastic achievement and so well deserved!

Well done, Ben! We are all so proud of you!

JOIN US FOR OUR

CHRISTMAS FAIR

FRIDAY 5TH DECEMBER 2025
FROM 5PM TO 7PM

Stalls include:

Wine or Water
Tombola
Pre-loved uniform
Craft stalls
Teddy orphanage
Raffle
Children's games
Food and drink

Any Questions? Please contact our PTA:
selwoodPTA@selwood-academy.co.uk

Selwood PTA News

DONATE

Amazing news! Selwood Academy PTA has been paid £160.00 in easyfundraising's Donation Day – all thanks to our supporters shopping online.

Every shop you make this Black Friday and Christmas helps raise free funds for us!

Sign up via the easyfundraising app now and we'll get a bonus £2 donation.

https://www.easyfundraising.org.uk/easyfundraising-app/?causeId=399839&utm_term=Q325A



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

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert



Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.

#WakeUpWednesday

The National College

See full reference list on our website.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.11.2025

CAMHS

NHS Somerset NHS Foundation Trust

Families Learning About Self Harm (FLASH)

WHO IS THE PROGRAMME FOR?

Any adult who has shared responsibility for bringing up a child (11-17 years old) can attend the group including stepparents, grandparents and carers. We welcome parents on their own or with a partner or adult family member. Please note, this group is not intended for families of young people currently under care of Tier 3 CAMHS. For families currently care coordinated by CAMHS East or West teams, please speak to your keyworker who can discuss other FLASH groups with you.



Friday's Nov 7th-14th- 21st - 28th & Dec 5th (9:30-12:30am)
The Balidon Centre, Yeovil - Booking Essential

WHAT DOES THE PROGRAMME COVER?

This is a 5-week programme which aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the self-harm with people who understand and learn how to manage concerns within your home.

It will include:

- Exploring what self-harm is, what the risks are and what is the function of self-harm
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting and ways to manage under stressful circumstances
- Coping strategies for parents and carers

FEEDBACK

"I feel more comfortable addressing things with my YP. I am not always fearful of her harming - I recognise triggers more effectively."

"I felt very comfortable opening up with the other parents and not judged"

"It has helped me to understand a bit more, and know how to respond and when to step back and allow her to come to me if she wants/needs."

IMPORTANT
Due to limited availability and safety your place needs to be booked. We will not be able to accommodate anyone who is not pre-registered.

Contact us for more information

0300 124 5012
camhsspa@somersetft.nhs.uk