

DIARY DATES

- 12th - 16th Oct - Yr5 PiXL Week
- 13th Oct - Yr6 Football Fixture
- 14th Oct - Ski Trip Parents Info Evening 5pm-6pm
- 15th Oct - Yr 5&6 Girls Football Fixture
- 15th Oct - Parents Evening 3:30pm - 7pm
- 16th Oct - Yr 5&7 Photographs
- 21st Oct - Yr7 Theatre Trip
- 22nd Oct - Yr 6 Harvest Festival
- 23rd Oct - INSET Day
- 26th - 30th Oct - HALF TERM
- 4th Nov - Yr7 Rugby Fixture (Away)
- 5th/6th Nov - Yr7 Living Rainforest Trip
- 6th Nov - Yr7 Coffee Morning 11.15am
- 9th - 13th Nov - Anti Bullying Week
- 11th Nov - Flu Vaccinations
- 12th Nov - Anti Bullying Coffee Morning

UPCOMING PAYMENTS

- 6th Nov - Ski Trip 2027
Final Balance £800.10

Term dates for 2027/2028 have been released. Please see below:
[Midsomer Norton Trust Term Dates](#)

Photo Consents

Action Required by 12th October

Please log in to Arbor and complete the photo consent form by Monday 12th October, even if you have previously given consent. We are moving to an electronic system for all consent forms.

Vacancies

Selwood Academy is looking to appoint two enthusiastic Lunchtime Supervisory Assistants to join our team. This is a permanent, term-time-only role, working Monday to Friday for 1 hour 10 minutes per day, supporting pupils during lunchtime and helping to maintain a safe, happy and positive environment. Previous school experience is helpful but full training will be provided. The closing date is Monday 19th October at 9am.

[Lunchtime Supervisory Assistant](#)

Lost Property

Parents/carers have a final opportunity to check Lost Property on **Friday 9th October** from **3:10 - 4:15pm**. Any remaining items will then be recycled, reused or donated.
Going forward, pupils can check Lost Property at break/lunchtime, while parents/carers can check **Fridays, 3:10-4:15pm only**.

Tutor Parent Evening will take place on Thursday, 15th October 2026, from 3:30pm to 7:00pm. You will have received an email with details of how to book your appointment online via SchoolCloud.

Place2Be Support

Place2Be provides emotional and therapeutic support to children, young people, families and staff at Selwood.

Place2Talk is available to all Selwood pupils, giving them the opportunity to have a 15-minute confidential chat with a trained counsellor, either alone or with a friend. Pupils can talk about friendships, worries or anything else on their mind.

For pupils aged 12 and over, they can access Place2Talk independently. For pupils under 12, parents/carers are asked to complete the [consent form](#) before their child can use the service.

For more information, please contact our Place2Be Mental Health Practitioner/Counsellor, Vicki Dale, at vicki.dale@place2be.org.uk, or speak to your child's tutor.

Forgotten Items

Due to the number of pupils in school, unfortunately, we are not able to deliver forgotten items such as PE kits to individual pupils during the school day. We will, however, continue to accept and deliver forgotten essential items such as lunch boxes and drink bottles.

Author Visit



On Wednesday 30th September, we were visited by superstar author Jasbinder Bilan. As well as introducing her new book 'Girl With A Sabretooth Tiger', Jasbinder worked with a group of our KS3 students to create their own inspirational pieces of writing about an encounter with a wild animal. As a special surprise, Bath Children's Literature Festival, who organised the event also provided each student at the workshop with a free signed copy of Jasbinder's book as well.



Congratulations, Tahlia!

A huge congratulations to Tahlia, who has been selected to play for the Somerset County Schools Under-14 football team. She recently made her debut against Devon Schools. This is a fantastic achievement, particularly as Tahlia is playing a year above her age group. Well done, Tahlia! Could we have a future Lioness on our hands?

Yr 5 Adventure Trip



In the first week of October, over 180 Year 5 pupils set off on an exciting outdoor adventure as part of their Outdoor and Adventurous Activities unit in PE. This took place in the stunning surroundings of Burrington Combe, with the highlight being a thrilling caving expedition into the Goat's Church Caves.



The trip focused on team-building challenges and social skills, giving pupils the chance to develop trust, communication, and resilience in real-world settings. Whether it was navigating dark tunnels underground or supporting classmates through team building tasks, the pupils showed incredible teamwork and enthusiasm throughout the trip.

For many, the caving was a brand-new experience, both exciting and a little nerve-wracking! But with helmets and torches on, they bravely explored the ancient limestone formations deep beneath the Mendip Hills.



The day was filled with laughter, encouragement, and a real sense of achievement, with staff and instructors praising the maturity and determination shown by the group. It was a brilliant way to bring the PE curriculum to life, give pupils a taste of adventure and the great outdoors and bond with their peers and tutors.

Well done to all of Year 5 for making it such a memorable trip!

Year 5 Welcome Service

Our Year 5 Welcome Service at St John's Church was a truly special occasion, celebrating the children as they begin their journey at Selwood Academy. The children were fantastic, sharing their performances with confidence and enthusiasm and bringing our school vision and core Christian values to life. We are incredibly proud of how well they represented the school and the effort they put into making the service so memorable.





Into Film Club



We are delighted to inform you that we will be running an Into Film Club at school following the half-term break. The club will take place every Wednesday from 3:10pm to 4:45pm in the Block Hall supervised by Mrs Ibbitson. Sign up will open on Arbor on Monday 19 October at 8am. There will be 30 spaces available.

About Into Film

Into Film Club is a fun and exciting opportunity for young people to watch, discuss and explore films together. It provides a relaxed environment where pupils can develop their confidence, creativity and communication skills, while building a greater interest in film and cinema.

Into Film puts film at the heart of children and young people's educational, cultural and personal development. It is a not-for-profit organisation supported by the British Film Institute (BFI), providing opportunities for young people to watch, discuss and make films. Pupils attending the club may also have the opportunity to take part in film-related activities and discussions.

Films and Permissions

The films shown during the club will be carefully selected to ensure they are suitable for the pupils attending. On occasion, we may choose to show a film with a PG classification, or another film that is considered suitable and appropriate by the club leader. Film classifications are provided to help parents/guardians make an informed decision about what their child may watch.

Your child will be able to:

- Attend the Into Film Club.
- Watch films selected by the club leader, including suitable PG-rated films where appropriate.
- Take part in additional film-related activities.
- Join the Into Film website and participate in activities such as reviewing films and suggesting films for the club.

Lunch Time Clubs

Additional lunchtime clubs have been added to our online club list. Please see the list below for details and sign your child up via the Arbor app.

[Club List](#)

Thank you to the Student Council

They have been busy returning lost items back to their owners. Please remember to label all items with your child's full name, so that their owner can be identified quickly.

Spotlight on the Creative Arts across Years 5-8

It has been an exciting start to the year in the Creative Arts department! Here is a snap-shot of what our pupils have been exploring across Drama, Music, and Art.

Drama: Bringing Characters to Life

All pupils are developing their physical characterisation skills, using movement, facial expressions, and gesture to build compelling characters. They are exploring a wide variety of genres and stimuli, including Michael Morpurgo's Kensuke's Kingdom, Ted Hughes' The Iron Man, Fantasy, Farce, Pantomime, and Silent Movies.

Music: Performance in the Spotlight

Music classes are focusing on practical performance skills across all year groups:

- **Year 5:** Developing singing techniques and learning foundational keyboard skills.
- **Year 6:** Strumming along to Vance Joy's Riptide on the ukulele.
- **Year 7:** Honing their guitar skills with Oasis's iconic Wonderwall.
- **Year 8:** Forming rock bands to rehearse and perform Seven Nation Army.

Art: Exploring Techniques and Masters

Our young artists are developing technical skills and discovering art history:

- **Year 5:** Learning the Formal Elements (Line, Tone, Colour) and studying the nature-inspired art of Georgia O'Keeffe.
- **Year 6:** Sculpting 3D clay pinch pots and applying the Formal Elements to analyse the visual art of the Mexican Day of the Dead festival.
- **Year 7:** Drawing cityscapes using 1- and 2-point perspective, using Van Gogh's Bedroom to explore key artistic concepts.
- **Year 8:** Mastering tonal texture in observational still life, studying William Morris and the Surface Pattern Industry, and creating their own repeat pattern prints

Finally we have successfully auditioned 146 pupils for the school production of Into The Woods and cast 77 pupils!

Link to Hope Christmas Shoebox Appeal

There's still time to take part in the Link to Hope Christmas Shoebox Appeal, supporting vulnerable families and children in Ukraine, Moldova, Bulgaria and Romania.

Please act now: Pack a shoebox using the attached guidelines, include the £3 delivery contribution, and return it to school by 15 October.

Find full details and packing guidance here: <https://linktohope.co.uk/shoebox-appeal-2026/>

English This Term

In English this term, we have been focussing on the concept of writing styles with Year 5 and 6 looking at a variety of different types of writing. They are learning to communicate effectively in a variety of different styles and formats from autobiography to non-chronological reports and letters.

Year 5 - Have been focussing on autobiographical writing, studying a range of different extracts from autobiography before writing their own.

Year 6 - Have been reading the novel 'The Last Bear' by Hannah Gold. They have then used the information from this story as a route into exploring letter writing and non-chronological writing. Some of our students have even been using this to write to our local MP about their concerns over climate change and litter.

Year 7 - Have already completed their first piece of writing for the year, a portal-fantasy story called 'The Secret At The Heart of My School'. They have now moved on to looking at myths and legends and will be writing their own creation myth.

Year 8 - Have begun their study of George Orwell's 'Animal Farm'. As well as exploring the history and context of the novel, they've been looking at crafting effective analytical paragraphs.

Bookbuzz - As in previous years, we have paid to be part of the Booktrust's Bookbuzz scheme. This means that all Year 7 and 8 pupils will be given a free book to take home. They have chosen these from 16 possible titles and are eagerly awaiting the delivery of these from Booktrust.

Bath Children's Literature Festival

On Friday 2nd October, some of our pupils from Year 6-8 attended an event at Bath Children's Literature Festival. Superstar author and illustrator, Liz Pichon, spoke with the pupils about her journey as the creator of the Tom Gates book series, among others. There was even a 'Tom Gates' wandering the audience throughout the show. Pupils attending also received an exclusive signed, early copy of the next book in the series Tom Gates is Not Famous (yet). Many thanks to Bath Recreation for providing the coach.



Raise Funds for Selwood PTA with Easyfundraising

Did you know you can raise money for Selwood PTA at no extra cost to you? Simply sign up to Easyfundraising and shop online as normal. Participating retailers will donate a percentage of your purchase to the PTA.

It's a simple way to support our school while doing your usual online shopping. Every donation makes a difference!

Find out more and sign up here:

[Selwood Academy PTA Easyfundraising](#)



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://www.facebook.com/SelwoodAcademyPTA)



PRE-LOVED UNIFORM

— DONATIONS NEEDED —

Thanks to the success of our previous pre-loved uniform sales, our stock is running low and we would love your help to replenish it.

If you have any good-quality uniform items that your child has outgrown, we would be grateful for the donations.

Please ensure all items are clean and drop them off at the school's main reception. Thank you for your support



SAVE THE DATE

CHRISTMAS FAIR

FRIDAY 4TH DECEMBER 2026

5PM TO 7PM



More details to follow!

NEWS FROM PTA



Simply become one of

Selwood Academy PTA

supporters on  **easyfundraising**



Get the app & join for free



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**We get £50 each time 10 parents get the app,
and more free donations when you shop!**

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

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

CLICK TO FOLLOW OUR SOCIAL MEDIA: [FACEBOOK](#) & [INSTAGRAM](#)

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective' and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

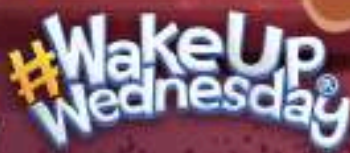
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



The National College

See full reference list on our website

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Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.

1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who holds them in mind, they thrive. They are also far more willing to open up and seek support. Positive, trusting relationships are an important part of supporting pupil wellbeing and complement more formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses, stay calm while showing that you take it seriously. Panic can raise their anxiety and teach them that telling an adult makes things worse. Your steadiness can help them to keep calm and give them enough space to say the rest. Calm does not mean unmoved, and it is fine to tell them that what they have said is important and will be heard.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face to face with an adult. For example, conversations might take place while walking, tidying the classroom, or taking part in a lunchtime club. Sitting alongside someone removes the demand of eye contact, allows longer thinking time and lowers the intensity of the exchange. This can be particularly true for neurodivergent pupils, and for anyone who needs a moment before answering.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. If a pupil has already started talking, avoid unnecessarily disrupting the conversation by moving elsewhere. Where a more appropriate location is needed, explain why you need to move and give the pupil the opportunity to continue what they were saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Schools have a legal duty to share information relevant to a pupil's safety or welfare. Tell them at the start that you may need to pass something on, and who to. Then involve them in what happens next, as far as their age and understanding allow. Ask what they want to happen, what they want to say, and who they want to be told. Be honest that some things will need to happen whether they agree or not. A pupil who helped shape next steps is far more likely to tell someone again.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from belittling and shame-based behaviour management. Pupils who expect to be humiliated will not disclose. Where they feel listened to and see that difficulties are acted upon, they share worries earlier and whilst those worries are still small. If pupils hear adults belittling or talking about other pupils openly, it damages trust and they are likely to assume their worries will also be handled this way.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. When informing your designated safeguarding lead, share with them how it left you feeling and whether you feel you need further support. Your role as a trusted adult is what makes all of the above possible, and just as you have a responsibility to protect pupils' welfare, your school has a responsibility to protect yours.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem your usual self, when might be a good time to catch up today?
- Sometimes it's hard to know what to say, but I'd like to understand?
- You don't have to talk now. I'll check in with you later?

Meet Our Expert

Anna Bateman is a mental health and wellbeing specialist with nearly thirty years in education. She is a multi-academy trust director, special adviser, and a former adviser to the Department for Education on its mental health green paper.



#WakeUpWednesday

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See full reference list on our website



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FROME MULTICULTURAL FESTIVAL

FREE
ENTRY

12PM
3PM

MUSIC AND
DANCE

ARTS AND CRAFTS

CHILDREN'S ACTIVITIES

BRING CASH

FOOD TO TRY AND BUY

LOCAL PEOPLE SHARING AND CELEBRATING THEIR DIVERSITY

11TH OF OCTOBER 2026
AT THE CHEESE AND GRAIN

FOR MORE INFO PLEASE EMAIL LENKAGRIMES@GMAIL.COM OR AZEEMACAFF@GMAIL.COM



Frome Made Differently

 **thrive**
making somerset stronger

NEW! NEW! NEW!

Baby Link presents

Young Parents Group

**Every Tuesday
11am—1pm**

**The Key Centre
Feltham Lane**

**A welcoming group for young
parents who are pregnant or
have a child under 5**



**Light lunch
provided—
sandwiches and
fruit. Everyone
welcome!**

**Somerset
Community
Foundation**

FrOme
TOWN COUNCIL



STARTS SEPTEMBER 8th

meet other young parents

● share experiences



GOT A QUESTION?
WhatsApp to: 07834 285391
fromebabylink@icloud.com



Capture the Cathedral in a Drawing

Saturday 10 October, 10.30am–3.30pm

Pick up free art materials and sketch whatever inspires you – windows, carvings, tiny details, or your own unique view, with the option to have your sketch displayed in an online exhibition!

All ages and abilities welcome.

Admission FREE with entry to the Cathedral.
No need to book – simply drop in on the day!

Images: Submissions from Capture the Cathedral in a Drawing (2025)

In association with:



Find out more at:

www.wellscathedral.org.uk/whats-on

Wells Cathedral is a Registered Charity, no. 1207269



Does your child have difficulties with behaviour or attention?

**Help improve local support services
by taking part in research!**



We are looking for families with children **aged 9-12** who may experience one or more of the following:

- Attend specialist/alternative provision because of difficulties in school.
- Often feel overwhelmed, frustrated, or dysregulated.
- Have been on a behaviour support plan or have been suspended or excluded.

And live in Bath and North East Somerset, Swindon or Wiltshire



- 90 minute interview with you and 30 minutes with your child (optional)
- We can travel to see you or meet you near where you live.
- You will get £30 and your child £10

Want to learn more?

- Email the team: pathways-study@bath.ac.uk
- Call/text: **07980 962364**
- Scan the QRcode





Oct/Nov/Dec 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





What is SEND support?

(Webinar for Parent Carers and Young People)

Do you have questions about SEND support and how education settings should meet a child or young person's special educational needs?

Join our **free webinar** to learn more about SEND support in education. There will also be an opportunity to ask questions during a Q&A session at the end of the webinar.

Wed 21 Oct 2026, 7.30–9.00pm | Thurs 22 Oct, 10.00–11.30am

For more information on how to join visit:

[Workshops and Information Days](#)



With coughs and cold season fast approaching please remind your child of the importance of good hand hygiene..

[Washing Your Hands song - CBeebies](#)

Let's Wash Our Hands!

Whoohy waddy!
Wet our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!

Between our fingers
Under the nail
All germs without fail
Front and back
And round the wrist
No germs will be missed!

They may hide
But we shall seek
So we will not get sick!
Slightly splashy
Eye bye germs
Down the drain they swim
With clean towels
We dry our hands
Now let's show our friends!

Remember to wash our hands:

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After playing or playing outside
- Before eating





Are you experiencing issues with your child around toilet training?

If so please click on the link below to find useful information and advice...

[Potty training your child - Best Start in Life - NHS](#)

If your child has already started school and is still in nappies/pullups please contact the School Nurse Team for support!

Text Chat health: 07480 635 515



If your child is experiencing issues with daytime/nighttime wetting often the situation can be improved by following the...

4 Steps to a Healthy Bladder

- 1. Check the bowel**
 It is important to rule out constipation as a full bowel will reduce the capacity of the bladder to expand
- 2. Check for a UTI (Urinary Tract Infection)**
Bugs in the bladder can cause issues around wetting so it is important to check for infection

- 3. Drink plenty!**
 The bladder is a muscle and all muscles need exercising, visit the link below for advice regarding how much your child should be drinking
- 4. Relax to wee**
Ensure your child is comfortable sitting on the toilet, encourage them to take their time & encourage boys to do sit down wees


[Children's bladder health – what's normal and what can go wrong - ERIC](#)





ChatHealth



Somerset
Council

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

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 escalate the concern.

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

Back to school can mean a return of those pesky 'head lice'!



How do I treat head lice?

Medicated lotions and sprays may not always be needed, the 'wet combing' method can be very effective at getting rid of headlice.

The 'Wet Combing' Method:

- Wash your hair with ordinary shampoo
- Apply **lots** of conditioner to the hair (any conditioner will do)
- Comb the **whole** head of hair from **roots to the ends** using a special fine-toothed comb (detection comb). These can be bought online or from a pharmacy
- It usually takes about **10 minutes** to comb short hair, and **20-30 minutes** for long or curly hair
- Use this method on days **1, 5, 9 and 13**, so you catch any newly hatched lice
- Check everyone's hair again on **day 17** to make sure they are free of lice.



If you need medication, this can be bought from a supermarket or pharmacy. Some medicated treatments may need repeating after a week to kill any newly hatched lice

For more information on treating headlice head to...

[Head lice and nits - NHS](#)

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Has your child missed their flu vaccination?



If so, the School Aged Immunisation Nursing Team (SAINT) are running a number of walk in clinics.
NO APPOINTMENT NECESSARY!



SAINT
Flu Vaccination Clinics

All clinics below are for the FLU nasal spray vaccination and are walk-ins (no appointment is needed). If your child requires the FLU inactivated injection Please contact 0300 323 0032 to arrange an appointment.

DATE & TIME	ADDRESS	DATE & TIME	ADDRESS
Saturday 26/07/20 09:30-14:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX	Saturday 06/08/20 09:30-14:00	Brigsteer Hospital, Bowler Lane Bridgwater TA8 4GU
Wednesday 30/08/20 14:00-17:00	Community Families Hub East Reach House, Taunton TA1 3EN	Monday 07/08/20 14:00-17:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Saturday 30/07/20 09:30-14:00	Community Families Hub East Reach House, Taunton TA1 3EN	Tuesday 13/08/20 14:00-17:00	Frome Community Hospital, Ennis Way, Frome BA11 2PH
Wednesday 14/08/20 14:00-17:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX (Nasal spray only)	Wednesday 18/08/20 14:00-18:45	Minward Community Hospital, Luttrell Way Minward TA24 8DF
Saturday 29/07/20 09:30-14:00	Brigsteer Hospital, Bowler Lane, Bridgwater TA8 4GU	Monday 20/08/20 09:30-13:00	Westlands Interimment Venue, Westbourne CL, Yeovil BA20 2DG
Monday 26/07/20 09:30-14:30	West Mendip Hospital, Old Wells Road, Glastonbury BA6 8JD	Monday 24/08/20 09:30-13:00	Victoria Park Health & Wellbeing Hub, Victoria Park Drive Bridgwater TA8 3AS
Tuesday 23/07/20 09:30-14:30	Westlands Interimment Venue, Westbourne CL, Yeovil BA20 2DG	Tuesday 23/08/20 09:30-13:00	Brigsteer Hospital, Bowler Lane Bridgwater TA8 4GU
Wednesday 26/07/20 09:30-14:30	Community Families Hub East Reach House, Taunton TA1 3EN	Tuesday 22/08/20 09:30-13:00	Chard Hospital Site, Upper Floor, Bracken House, Crickmore Road, Chard TA20 1YA
Wednesday 26/07/20 09:30-13:00	Chard Hospital Site, Upper Floor, Bracken House, Crickmore Road, Chard TA20 1YA	Wednesday 26/08/20 09:30-13:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Thursday 26/07/20 09:30-14:30	Brigsteer Hospital, Bowler Lane, Bridgwater TA8 4GU	Wednesday 26/08/20 09:30-13:00	Berkeley Community Hospital, Love Lane Burnham-on-Sea TA8 1ED
Thursday 26/07/20 09:30-13:00	Stegton Market Community Hospital (Outpatients), Butlers Way, Old Wells Road, Stegton Market, Somerset, BA4 6PL	Tuesday 28/08/20 09:30-12:30	Frome Community Hospital, Ennis Way, Frome BA11 2PH
Friday 30/07/20 10:00-14:00	Frome Community Hospital, Ennis Way, Frome BA11 2PH	Tuesday 28 Oct 2020 09:30-12:30	Minward Community Hospital, Luttrell Way Minward TA24 8DF
Friday 30/07/20 10:00-14:00	Minward Community Hospital, Luttrell Way, Minward TA24 8DF	Wednesday 29 Oct 2020 09:30-12:30	West Mendip Hospital, Old Wells Road, Glastonbury BA6 8JD
Saturday 30/07/20 09:30-14:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX	Wednesday 29 Oct 2020 09:30-12:30	Wincanton Community Hospital, Diamond Lane, Wincanton BA9 9QG
Saturday 28/07/20 09:30-14:00	Community Families Hub East Reach House, Taunton TA1 3EN		
Wednesday 02/08/20 14:00-17:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX (Nasal spray only)		

LOOK FOR SIGN POSTING & SAINT FLAG



Somerset School Aged Immunisation Nursing Team | Somerset NHS Trust

ORAL HYGIENE



With a significant rise seen recently in child tooth extraction, please can we remind you of the importance of good oral hygiene

- Brush teeth twice a day:** ideally first thing in morning and last thing at night
- Use a fluoride toothpaste:** use a pea sized amount containing at least 1000ppm of fluoride
- Brush for 2 minutes:** ensure your child brushes for 2 minutes covering every tooth and surface
- Spit don't rinse:** after brushing your teeth spit the excess toothpaste and avoid rinsing



[How to Brush Your Teeth Animation MCM](#)