

SELWOOD ACADEMY NEWSLETTER



DIARY DATES

- 2nd Dec - Yr8 Bath Uni trip
- 4th Dec - Pantomime
- 5th Dec - Christmas Fair 5pm-7pm
- 10th Dec - Yr5 Nativity
- 12th Dec - Yr7 Christmas Market
- 18th Dec- Christmas lunch and jumper day

PAYMENT DEADLINES

- 28th Nov - Christmas Lunch - Payment and order
- 1st Dec - KS3 Sicily Trip - Instalment 2
- 4th Dec - Christmas Pantomime
- 12th Dec - Yr8 London Trip - Payment
- 16th Jan - Battlefields Trip Instalment 3

28th November 2025 - Issue 5

IN THIS EDITION

- Reminders
- Recent Events
- School News
- Useful info

REMINDERS

End of Term Notice


Please be aware that there will be no after-school clubs or rehearsals during the final week of term.

Premier Education will continue to provide wraparound care as usual, except on the afternoon of Friday 19th. Thank you for your understanding.

END OF TERM REMINDER

The last day of term is Friday 19th December 2025. Pupils will finish early at 12.05pm. We hope that all pupils, parents, carers and staff have a wonderful Christmas break!

THANK YOU

We are delighted to share that, thanks  to the generosity of our school community, we have raised **£368.84** for this year's Poppy Appeal. Thank you to everyone who contributed, your support helps make a meaningful difference to those who have served and continue to serve.

REMINDERS



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 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.

CHRISTMAS Menu

MAIN EVENT

Roast turkey, pig in blanket, skin on roasties, roast parsnips, stuffing, carrots, peas, gravy.

VEGETARIAN

Nutless Roast, Vegan Sausage, skin on roasties, roast parsnips, stuffing, carrots, peas, gravy.

DESSERT

Snowy Chocolate Brownie

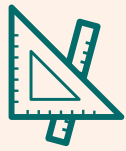


SELWOOD ACADEMY, BERKLEY ROAD, FROME, BA11 2EF 01373 462798

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

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SCHOOL NEWS



Maths Update ✓

Here is the latest mathematics update as pupils dive deeper into their concepts this week:

Year 5 have started their 'operations' concept, currently focusing on addition and subtraction. They will soon be moving on to multiplication and division.

Year 6 has completed a round of assessments and is now beginning a new concept, exploring measures and transformations (such as translation, reflection, and rotation).

Year 7 is completing their concept on addition and subtraction before moving on to multiplication and division. This will include multiplying by small decimals like 0.1 and 0.01, and using all four operations in algebraic expressions.

Year 8 is starting to explore the Cartesian plane (coordinate system), learning to recognise lines like $y=x$ and developing the skills to calculate the gradients (steepness) of lines.

Drama Update



Selwood Academy continues to champion creative expression across Music, Drama, and Visual Arts. This term, **Year 7** pupils are exploring a wide range of historical and performance genres:

- **Drama:** Pupils have begun an exciting unit on Commedia Dell'Arte, developing skills in physical comedy, stock characters, and improvisation.
- **Music:** Building on their **Year 6** knowledge of the Baroque period, pupils are now studying the elegance and structure of the Classical Era.
- **Visual Arts:** **Year 7** artists are refining multi-point perspective drawing while also analysing Vincent van Gogh's expressive use of colour, texture, and emotion.

These programmes together foster creativity, technical skill, and cultural understanding, giving pupils a rich and well-rounded appreciation of the arts.

SCHOOL NEWS

English Update

In English this term, we are continuing to focus on the concept of storytelling - with Year 5-8 looking at the importance of storytelling in their lives.

Year 5 - Have been enjoying the novel-told-in-verse 'Cloudbusting' by Malorie Blackman and have been exploring how poetry can be used to tell a story.

Year 6 - Fresh from completing their practice SATs tests, Year 6 are still looking at myths and legends. They are currently looking at the role of gods in mythology before moving into writing about impossible creatures.

Year 7 - Have been studying the opening of 'Dracula' by Bram Stoker and how this fits with the gothic genre (as well as how it affects their expectations of story openings).

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.

Book recommendation:

In this newsletter, we are recommending students to read 'Midnight Treasure' by Piers Torday for both our KS2 pupils. It's a fast-paced adventure story filled with vampires and werewolves. Perfect for fans of 'Skandar' and 'Podkin One Ear'.

For KS3, we are recommending Fleur Hitchcock's 'Murder At Christmas'.

Copies of both are available in the school library.



Author Visit

We were thrilled to welcome back the wonderful local author Fleur Hitchcock. Our pupils got an exciting sneak peek into her brand-new book Murder At Christmas — the perfect cozy crime thriller for the festive season.

Fleur also shared fascinating insights into the story-writing process (spot on for this term's English focus on storytelling!) and gave us a look behind the scenes of the publishing world.

Thank you to Fleur for making this event so memorable! We can't wait to dive into our copies over the next few weeks!



SCHOOL NEWS

Frome Cobble Wobble!

A huge well-done to Ted Shaw, who achieved 1st place in the Male U16 category of the Frome Cobble Wobble last weekend! This is an outstanding accomplishment and a testament to his hard work, determination, and impressive performance on the day.

We are incredibly proud of Ted's achievement—well done!




SELWOOD ACADEMY
ANGLICAN/METHODIST FOUNDATION SCHOOL

Lantern Parade



Last week, our pupils proudly showcased their handmade lanterns at the Christmas Light Switch-On. In the days leading up to the event, the pupils worked hard to design and create beautifully decorated lanterns, each one reflecting their creativity and this year's theme of peace. Their glowing creations added a wonderful touch to the celebration, and we were delighted to see them shine as part of the community event. A huge well done to all the pupils for their fantastic effort!

RECENT EVENTS

Netball

The Year 7 & 8 Selwood Netball Team had their first competitive match against Matravers on Wednesday 22nd October. Both teams won and played some outstanding netball. Year 7 won 9-0 and Year 8 won 19-6. Player of the match - Bea M and Poppy C. Well done to the whole team, keep up the great work.



On Wednesday 12th November Selwood played a friendly against Oakfield against Year 7 & 8. Selwood took two Year 7 teams and two Year 8 teams. All teams demonstrated some outstanding netball and won all their matches. Well Done to all Teams!



Selwood played a local Trowbridge School on Tuesday 18th November. The results and player of the matches are below:

Selwood Year 8 v Clarendon Year 8 - 13- 5 Win to Selwood
Selwood Year 8 v Clarendon Year 8 - 12 - 10 Win to Selwood
Selwood Year 7 v Clarendon Year 7 - 13 - 1 Win to Selwood
Selwood Year 8 v Clarendon Year 9 - 4 - Win to Selwood

Player of the Match - Bea, Maisy and Poppy

We are very proud of all the netballers and all their hard work in training.

Selwood Academy, Berkley Road, Frome, BA11 2EF 01373 462798

<https://selwood.somerset.sch.uk/>

CLICK TO Follow our social media: Facebook & Instagram



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



DONATIONS STILL NEEDED!!

FOR OUR XMAS FAIR

TOMBOLA PRIZES
CUDDLY TOYS
UNWANTED GIFTS
WINE!!

PLEASE BRING INTO SELWOOD ACADEMY BY
WEDNESDAY 3RD OF DECEMBER

Year 5

Nativity Performance



Wednesday 10 December
Dress rehearsal at 2.15pm (all welcome)
Performance at 5.45pm (max. 2 seats per family)

at Selwood Academy,
Frome



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday®

Seasonal Crafts Learning Together:



Family Winter Holiday Crafts - Starter

Palmer Street, Frome | December

Connect with your children and learn some new craft skills together this winter

Bringing together a range of different crafting techniques to honour the changing seasons and to celebrate traditional winter festivals. Projects will include creating seasonal decorations, including a wreath, tree decorations, cards and gift-wrap, snowflakes or stars.

- Perfect for children aged 5 – 12
- Older or younger siblings welcome
- Maximum of 2 children per adult
- Children must be supervised at all times

Scan the
QR code to
sign up



**Thursday 11th and 18th, Tuesday 23rd
December – 3.45pm | 3 sessions**

**Please see our website for
eligibility information*

Book online, or call us

sslcourses.co.uk

0330 332 7997



SSL

CHANGING LIVES THROUGH LEARNING

Pop-Up Winter Cafe

at The Key Centre



A warm space for anyone in the community to spend time.

FREE home-cooked meals, snacks, hot drinks, creative activities, games for all ages and always a friendly welcome.

**Mondays – Fridays
in December & January
10.30am – 4.30pm (2.30pm Fridays)**



your nearest multi-activity camp

Venue: The Key Centre, Frome, Somerset, BA11 5AJ

Dates: Mon 22 & Tue 23 Dec 2025 & Fri 2 Jan 2026

Times: 9-3pm (9-1pm for 4 year olds)

Price: £22.82 9-3pm 9-1pm - £13.84 per day

Ages: 4-11

Additional info: **Sibling discount available**



Our Holiday Camps keep children active, safe, and entertained throughout the school holidays.

Join us this Winter as we offer a wide range of fun activities, including sports, performing arts, and games, all at great value. There's something for every child to enjoy as they start 2026!

Book now for a holiday full of excitement!

camps are better
with friends!



treat your friends
to 20% off...and get
20% off too!

*Ts&Cs apply. Refer a friend discount on new bookings only.



Based on over 20,000 reviews



Sing Nowell!

Winter Concert

**Saturday 6th December
2025**

Christ Church

Christ Church Street West, Frome BA11 1EH

at 11.00am

FREE ADMISSION

*Refreshments & Raffle -
available before the concert*

*f facebook.com/fromeyouthchoir
e youthchoirfrome@gmail.com*