

# SELWOOD ACADEMY NEWSLETTER

17th January 2025 Issue 7



## DIARY DATES

**JANUARY 2025**

**22nd - Year 8 HPV  
Vaccinations**

**22nd - Ski Trip Parents  
meeting - 5pm Block Hall**

**23rd - Year 5 & 8 Subject  
Parents evening online**

**29th - Year 6 Coffee  
Morning - 11.15am Library**

## PAYMENT DEADLINES

- **Year 8 Battlefield Trip -  
Payment 3 - 31st January**
- **Year 6 Portsmouth Historic  
Dockyards Trip - 28th  
March**
- **School Production Cast  
Contribution - 29th March**

**BACK TO  
SCHOOL**

## IN THIS EDITION

- Reminders
- Sports News
- Recent Events
- Wizard of Oz
- Sponsored Swim
- Useful info

## REMINDERS

### WELCOME BACK

We hope you all had a wonderful Christmas & New Year break. We are very excited to see everyone back & looking forward to a new term!

### NUT-FREE SCHOOL

Polite reminder that we are a nut-free school. Please ensure your child does not bring nuts or any food containing nuts into school. Thank you for your understanding.

### NEW AFTER SCHOOL RUGBY CLUB YEAR 7&8

We have a new club starting on Wed 26th Feb until Wed 2nd Apr 2025 between 3.15-4.15pm. The club will be run by the coaches from Bath Rugby. There are 40 places available and you will need to complete the form using this link <https://forms.gle/K1wzEe6z9ocNNKRk8>

### RSE VIRTUAL MEETING INFORMATION

Thank you to those parents who were able to attend our Relationship & Sex Education consultation in December. If you would like to see the recording of the meeting and the slides that were used, please click the following link to visit our website: [PASHE LINK](#)

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](#)

# SPORTS NEWS

## Team Bath Netball Visits Selwood



On 17th December, we were fortunate enough to have Sophie Siffre from Team Bath Netball hold a workshop here at Selwood Academy. Sophie, who plays GD/GK for Team Bath Netball NXT Gen, brought her expertise and passion to our school and came to coach our Year 7 & 8 Netball teams.



The players were taken through sessions on attack, defence and set plays, all followed up by some fantastic questions in a Q&A session. It was such an amazing opportunity and we can't wait to see what our teams have learned from this fantastic experience!

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# RECENT EVENTS

## Year 5 Harry Potter Trip

Last week, Year 5 enjoyed an enrichment visit to the Warner Bros Film Studios at Leavesden in London. As well as learning about careers in the Film and TV industry, pupils enjoyed a sneak peek behind the scenes at the studio's education site.

Here they completed a piece of descriptive writing (where they designed their own mythical creature) before attempting to turn these descriptions into a visual design for the creature.

Pupils also learned about effective storytelling before entering The Making of Harry Potter exhibition, where they got to see the original sets, props and designs for the Harry Potter films. We also got a sneak peek at the location of the new film studios which will be used for the upcoming Harry Potter TV series.



## Selwood Academy Soars to New Heights!



Following the release of the DfE League tables, we are thrilled to announce that our Middle School has been ranked in the top 2 in the South West and top 10 nationally! This incredible achievement is a testament to the hard work and dedication of our pupils, staff, and supportive families.

Selwood Academy's stellar performance in the national league tables is a true source of pride for our community. We are incredibly proud to be the highest performing Middle School in our town and county, showcasing the incredible potential of our pupils. This remarkable feat is a celebration of our school's excellence and the unwavering commitment of our entire community. We are honoured to be recognised as one of the top-performing Middle Schools in the country, and we look forward to continuing to inspire and nurture the next generation of learners.

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# RECENT EVENTS

## Amelie's Kindness

At Selwood we love to celebrate acts of kindness. In December, Amelie ran a mile to raise money for We Hear You. She did this with Rachel Clark, who ran a mile every day last year to raise money for this wonderful charity. She asked friends and family for donations and Amelie raised over £200! She ran with confidence and everyone is so proud of her selfless and kind heart.

Well done, Amelie!



## Year 7 Christmas Recycled Fair

In December, Year 7 pupils held their own Christmas Fair, where they had great fun by selling recycled home made gifts. They raised an amazing **£282.69** and the pupils chose to donate the money as follows:

7M - £70.81 to The Sealife Trust

7S - £58.00 to Battersea Cats and Dogs Home

7R - £35.61 to The Sealife Trust

7F - £66.27 to Four Paws UK

7E - £52.00 to Polar Bears International



## Carol Service Christ Church Frome

On 19th December, over 50 of our talented pupils took to the stage at Christ Church to take part in our Christmas Carol Service. The church was full and it

was a magical evening. Thank you to all of our pupils, staff, and the community of Christ Church Frome for making this event so special and one we won't forget.



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# WIZARD OF OZ

After last year's sell-out run of Matilda jr, Selwood Academy are returning to the Merlin Theatre, presenting the school production of The Wizard of Oz : Youth Edition.  
You can buy your tickets by clicking this link: [BOOK TICKETS HERE](#)

Selwood Academy presents

# THE WIZARD of OZ

By L. Frank Baum  
With Music and Lyrics by  
Harold Arlen and E. Y. Harburg  
Background Music by  
Herbert Stothart  
Dance and Vocal Arrangements  
by Peter Howard  
Orchestration by Larry Wilcox  
Adapted by John Kane  
for the Royal Shakespeare Company  
Based upon the Classic Motion  
Picture owned by Turner  
Entertainment Co. and distributed in  
all media by Warner Bros.

YOUTH EDITION

26th - 29th March 2025  
The Merlin Theatre  
Frome

# SPONSORED SWIM

## SPONSORED SWIM EVENT



**RAISE MONEY FOR YOUR CHOSEN  
CHARITY or CLUB and for  
Frome Birth Talk by entering a team of six  
in our annual sponsored swim relay**

**SUNDAY MARCH 16<sup>th</sup> from 12.00pm  
at Frome Leisure Centre**

We have been asked to support the Frome Lions' Club Annual Sponsored Swim event which is taking place on Sunday 16th March at Frome Leisure Centre from 12pm. Each team consists of 6 swimmers who will need to be able to confidently swim lengths of the large pool in relay for 25 minutes. Each swimmer will also be asked to collect as much sponsorship as possible. If your child would like to take part, please complete the google form using the link below:

<https://forms.gle/Ji5Z6a6j7LvNanBW6>

Please complete the form by **Thursday 13th February 2025** and we will be in touch after this date to confirm their place.

# USEFUL INFORMATION



## WORKSHOPS FOR PARENTS

### TOPIC: Anxiety and Low Mood

This is a 1 ½ hr workshop facilitated by Young Somerset. It is an opportunity to meet other parents and share common concerns. We talk about the signs and symptoms of anxiety and low mood and share hints and tips on how to support your child (Primary/Secondary). Tea, coffee and biscuits provided.

**Wednesday 22nd January**

**2025 5.30pm – 7.00pm**

To sign up please email:  
[wellbeing@youngsomerset.org.uk](mailto:wellbeing@youngsomerset.org.uk)

Frome Medical Practice Frome Medical Centre, Enos Way,  
Frome BA112FH

[www.youngsomerset.org.uk](http://www.youngsomerset.org.uk)

[f](#) [@](#) [▶](#) [in](#) [X](#) @youngsomerset



Young  
Somerset



**FREE**



# WORKSHOPS FOR PARENTS

**TOPIC: Resilience**

This is a 1 ½ hr workshop facilitated by Young Somerset. It is an opportunity to meet other parents/carers, share common concerns and to discuss what helps young people (Primary/Secondary) to strengthen their resilience. Tea, coffee and biscuits provided.

**Wednesday 5th February 2025**

**5.30pm – 7pm**

To sign up please email:  
[wellbeing@youngsomerset.org.uk](mailto:wellbeing@youngsomerset.org.uk)

Frome Medical Practice Frome Medical Centre, Enos Way, Frome BA11 2FH

[www.youngsomerset.org.uk](http://www.youngsomerset.org.uk)

     @youngsomerset



# What Parents & Educators Need to Know about

# TIKTOK



## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

## AGE-INAPPROPRIATE CONTENT



While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

## BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

## CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

## MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

## ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING

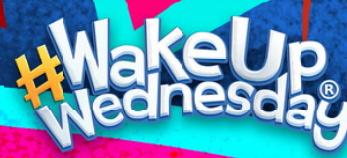
If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>



FREE\*

# Supporting your Neurodivergent Child

Online | January – May 2025

Learner led, inclusive support in parenting and caring for children with neurodiversity.

Friday 10th Jan – 23rd May 2025  
9.30am – 11.30am | 4 courses

\*Please see our website for eligibility information

Scan the QR code to sign up



Book online, or call us

[sslcourses.co.uk](https://sslcourses.co.uk)

0330 332 7997



CHANGING LIVES THROUGH LEARNING



FREE\*

# ADHD Awareness Courses

Online | January – April 2025

Learning how to understand, manage and achieve your goals with ADHD.

Wednesday 15th Jan – 9th April  
9.30am - 12pm | 4 Courses

\*Please see our website for eligibility information

Scan the QR code to sign up



Book online, or call us

[sslcourses.co.uk](https://sslcourses.co.uk)

0330 332 7997



# Frome Health Walks

Our **FREE** health walks are walks done on a regular basis, ranging from beginner, gentle, moderate to advanced. Walks are for all abilities and ages.

## Which walk is suitable for me?

**Beginner Walks:** Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

**Level 1:** 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30- 40 mins with minimal stops.

**Level 2:** 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

**Level 3:** 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

**Level 4:** 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Please register to access any **Somerset Health Walk** across county  
[www.sasp.co.uk/forms/view/health-walks-registration-form](http://www.sasp.co.uk/forms/view/health-walks-registration-form)

**Somerset Health Walks** may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or [walks@sasp.co.uk](mailto:walks@sasp.co.uk).

**We regret no dogs unless assistance dogs.**

## Walk Details Key



**Toilets Available**



**Accessible Walk**



**Dogs are permitted and must remain on a short lead at all times.**



**Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.**



**Suitable for buggies**



**Option for Paid Refreshments**

For more information on any of the walks please contact Health Walks Co-ordinator Georgina Hainsby on:

 07599654679

 [www.sasp.co.uk/health-walks](http://www.sasp.co.uk/health-walks)

 [walks@sasp.co.uk](mailto:walks@sasp.co.uk)

 **SomersetHealthWalks**

*Interested in leading a walk?*

*You can also become a volunteer health walk leader*

## Frome Health Walks

Scan here for more  
information!



# Young Illustrators Club

Free arts workshops  
for 8-13 year olds



**Saturdays 11 Jan-15 Feb**  
**10.30am - 12noon**  
**Frome Library**

Bring your doodles to life! Artist and book creator Jenna Herman will share new skills each week - from book covers to collages and comics. You can drop in to just one session, or come along to all of them.

Plus free hot drinks, cosy area for grown-ups and siblings. This club is part of a programme of exciting arts events to welcome families into the library during winter. More info at [www.terrestrial.org.uk](http://www.terrestrial.org.uk)

# Story Inventors

A free storytelling club  
for 8-13 year olds



**Tuesdays 14 Jan-11 Feb**  
**4-4.45pm**  
**Frome Library**

Create your own wild tales! Guided by storyteller Tom Spencer, you'll play games and learn new skills to help bring your adventures to life. And you don't need to write anything down - these stories will be totally powered by your imagination.

Plus free hot drinks, cosy area for grown-ups/ siblings and warm food for everyone afterwards. This club is part of a programme of exciting arts events to welcome families into the library during winter. More info at [www.terrestrial.org.uk](http://www.terrestrial.org.uk)



# HAPPY HEALTHY HOLIDAYS

## FEBRUARY HALF TERM PROVISION

Exciting activity clubs for children aged 5 - 16, who are eligible for benefits-related free school meals across Somerset

5 DAYS PER CHILD



GET A BOOKING CODE FROM YOUR SCHOOL

BOOKINGS OPEN ON 20TH JANUARY



FOOD INCLUDED!



Find and book FREE local activities by visiting:  
[www.sasp.co.uk/happy-healthy-holidays](http://www.sasp.co.uk/happy-healthy-holidays)  
or scan the QR code!

SCAN ME



This provision is funded by The Household Support Fund 'Help Through Winter' programme by Somerset Council, who are working alongside partners across education and the VCFSE sector to deliver essential support to families and residents.



## Key information for Happy Healthy Holidays

- ▶ Before bookings go live take a look at our 'how to make a bookings video' using this link [www.youtube.com/watch?v=7flnPPFjSbU](https://www.youtube.com/watch?v=7flnPPFjSbU)
- ▶ Bookings open on Monday 20th January at 10am which you can access using [www.sasp.co.uk/happy-healthy-holidays](https://www.sasp.co.uk/happy-healthy-holidays)
- ▶ To book onto activities you will need to login into Playwaze, and enter the code your school should have given you
- ▶ Your Playwaze login is the same you used for the Winter programme, if you have forgotten your password you can reset it by clicking the reset button
- ▶ Book your desired activities, you can book up to 5 days of provision per individual child
- ▶ If you need assistance you can email our HHH team or call between 9am-1pm Monday- Friday



## Key information for Happy Healthy Holidays



Need help with booking?  
Watch this video



Bookings open on  
Monday 20th January at 10am



Login to Playwaze  
(same login as used at Winter)



Enter the code your school  
has given you



5 days of provision per child only



Need help? Call or email our  
HHH team