

# SELWOOD ACADEMY NEWSLETTER



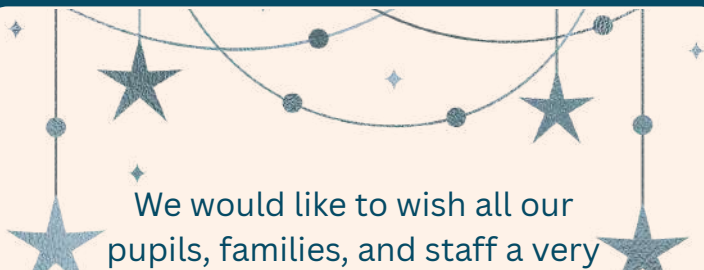
## DIARY DATES

- 19th - 23<sup>rd</sup> Jan - Year 6 PiXL Week
- 21st Jan - Ski Parents Evening
- 23rd Jan - Year 8 Shine History Trip
- 26th Jan - Year 5 Local Church Visits
- 27<sup>th</sup> & 28<sup>th</sup> Jan - Interform
- 28<sup>th</sup> Jan - Mendip Parents Info Evening
- 29th Jan - Bikeability
- 29<sup>th</sup> Jan - Year 6 Coffee Afternoon 2:15pm

## REMINDERS

### FORGOTTEN ITEMS

Polite reminder to ensure that your child has all they need for the school day when they come to school each morning. With Selwood being a large and busy site, we cannot guarantee that we will get their forgotten items and messages to pupils throughout the day.



We would like to wish all our pupils, families, and staff a very **Happy New Year** and wish you all the best for the year ahead.

16th January 2026 - Issue 7

## IN THIS EDITION

- Reminders
- Recent Events
- School News
- Useful info

## 2026 SPRING TERM PAYMENT DEADLINES

- 16/01/26 – Year 8 Battlefields Trip 2026 – Instalment 3
- 27/02/26 – Year 7 Black Country Museum Trip 2026 – Balance
- 27/02/26 – Year 8 Phantom of the Opera Theatre Trip
- 13/03/26 – Year 6 Portsmouth Historic Dockyard Trips 2026 - Balance
- 16/03/26 – KS3 Geography Trip to Sicily 2026 – Instalment 3
- 16/03/26 – Year 8 Battlefields Trip 2026 – Final Balance
- 27/03/26 – School Production 2025-2026 - Cast Contribution

# REMINDERS



## Safe Drop-Off Practices for Pupils



At Selwood Academy, the safety and well-being of our pupils is our highest priority.

Recently, we have noticed an increase in unsafe drop-off practises, including parents stopping on the pedestrian crossing, parking on zig-zag lines, and using the bus loop entrance for drop-offs.

We kindly remind all parents and carers to:

- **Avoid stopping or parking on the pedestrian crossing and zig-zag lines - These areas are designated to keep our pupils safe when crossing the road.**
- **Refrain from using the bus loop entrance for dropping off pupils - This area is reserved for buses and authorised vehicles only. Using it for drop-offs and reversing onto the road creates a significant safety risk.**

We understand that morning routines can be busy, but we ask for your patience and respect towards our staff, including the crossing patrol assistant and others on duty, who work hard to keep everyone safe. Any form of abuse towards staff is unacceptable.

Together, we can ensure a safe and positive start to each school day for all our pupils.

Thank you for your understanding and support.

## Spring Term Clubs

### Club Enrolment Is Now Open

Please see the new club list that has been sent by email. A copy is also available on our website.

Parents can now sign up their child for clubs via the Arbor Parent App or Portal in the Activities section. All clubs available for sign-up and that your child is eligible for will be listed.

As spaces are limited, please only enrol your child in clubs they are interested in, able to attend regularly, and that do not clash with other commitments.

Most Spring Term clubs will run from **Monday 12 January 2026** to **Friday 27 March 2026**. Please check individual club dates on Arbor, as some may vary. Most clubs will run for the full term, so there will be no need to re-enrol after half term.

If you need any help or have questions, please contact the school by phone or email.

# SCHOOL NEWS

## News from the Arts



Last term, our Year 8 pupils explored the lively and much-loved tradition of pantomime, and they thoroughly enjoyed the experience - As these photos show!



## Christmas Lunch



Our Christmas lunch was a huge success and thoroughly enjoyed by everyone! The celebrations were made even more special with a surprise visit from Santa Claus – someone you might recognise! The festive atmosphere, delicious food and plenty of smiles made it a memorable occasion and a wonderful way to celebrate the season together.





# SCHOOL NEWS

## Selwood Academy Choir



We are incredibly proud of the Selwood Academy Choir for representing our school so wonderfully in the community over the Christmas period. The choir brought festive cheer to patients, visitors and staff with a special performance at the local hospital, and also sang beautifully at the Christmas Carol Service.

Their commitment, enthusiasm and talent truly captured the spirit of the season, and they were a credit to the academy. Well done to all involved for spreading joy through music during such a special time of year.

# RECENT UPDATES



The Silver Ambassadors surprised Frome Library with a mini-Wellbeing Christmas Carol Concert last term. They've been spending time re-writing well-known Christmas carol with a wellbeing twist e.g. The 12 Days of Wellbeing.

Year 6 had a very enjoyable time reenacting the Jewish Passover Festival in R&P. They even tried bitter herbs and flat matza bread.



Year 7 raised over £300 for environmental charities by creating a recycled Christmas Eco-Market! Each class created, marketed and sold a range of items made using recycled items. We had: lava lamps made from plastic bottles; candles holders and glitter shakers from glass jars; crisp packet key rings; stress balls made from recycled wool and decorations made from jar lids! The results were fantastic and everyone had a great time. We even auctioned off a range of teddy bears! Thank you to everyone who donated their recycled rubbish!

Well done Year 7 - a great effort!



# RECENT UPDATES

## Postcard Exchange



We are pleased to share the first postcards from our new international postcard exchange. These thoughtfully created artworks were made by pupils at **Sand Creek Elementary School, USA**. Each postcard depicts elements of the local landscape and the everyday surroundings familiar to the pupils.

It has been a valuable experience to closely examine the drawings, discuss similarities and differences, and begin building connections with a classroom in another part of the world. This exchange marks the beginning of an ongoing collaboration, and we look forward to creating and sending our own postcards in return.

## Congratulations!

We're delighted to share that Jessica (6F) will be performing in The Biggest Night of the Musicals. We are very proud that she has been selected after an extremely competitive round of auditions. It promises to be a spectacular show, tickets are available to buy now.

**The Athenaeum Centre, Warminster, BA12 9AE**  
**Friday 15th May 2026 - Saturday 16th May 2026**

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](#)



# ATTENDANCE MATTERS

All pupils are expected to attend school daily (when the school is in session) unless there is an unavoidable cause. We do all we can to encourage pupils to attend by putting in place appropriate procedures. We believe that the most important factor in promoting good attendance is development of positive attitudes towards school. We will reward those pupils whose attendance is very good. Good attendance is vital to a good education and we rely on a parent's support in this matter to fulfil a child's potential.

## **Reporting your child's absence:**

Parents & carers have the option to leave a message on the absence line on 01373 468615 or email [selwood.attendance@selwood-academy.co.uk](mailto:selwood.attendance@selwood-academy.co.uk) **before 8.30am**. Parents & carers should provide their child's name, tutor group and a specific reason for absence, not 'unwell' or 'under the weather'. A message, email or note may be given to the Attendance Officer prior to the day of absence, e.g. if a pupil has a medical appointment. If a pupil is absent and there has been no contact from a parent or carer, the Attendance Officer will call, email or text contact number one. If there is no response, further contact will be made to all other numbers held in relation to the pupil. A home visit will take place should there be a number of days absence without a parent or carer contacting the Academy.

## **How to prepare for school the night before:**

- Get uniform out ready
- Make sure all homework is complete
- Prepare lunch
- Pack school bag
- Set an alarm
- Consider reading a book to unwind before bed
- Get a good nights sleep

Our attendance policy can be found at  
**Attendance Policy**





**Selwood**  
Academy

LIONEL BART'S

# Oliver!

JR!



BOOK, MUSIC AND LYRICS  
BY  
LIONEL BART

25<sup>TH</sup>-28<sup>TH</sup> MARCH, 7PM

THE MERLIN THEATRE

*TICKETS SELLING FAST CLICK BELOW:*

**BOOK NOW**





**SAVE THE DATE**

**Thursday 18 June**

# **SELWOOD ACADEMY CAREERS DAY 2026**

*BE A PART OF INSPIRING OUR PUPILS FUTURE CAREERS*

**After several successful years of running our careers day, we are now seeking more individuals & companies to join us with the hopes of broadening the range of professions represented at the event.**

**If you are interested in finding out more or taking part please get in contact, we would love to hear from you!**

**ANDY ELLETT**

ASSISTANT HEAD TEACHER AND CAREERS LEAD  
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**EMMA OAKES**

SENIOR BUSINESS ASSISTANT  
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# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

## Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday®

The National College®



# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College





FREE\*

# Awareness of ADHD Courses

Online | March – June 2026

## Celebrate Strengths, Build Skills, Support Yourself for Others with ADHD Awareness

- Better understand ADHD and what it means for those that have it
- Support your loved ones and/or yourself with confidence and compassion
- Support yourself or others to manage mental health, executive function and sleep
- Overcome challenges, build positive habits, celebrate your strengths and achieve your goals

### Understanding Neurodiversity: Awareness of ADHD - Starter

Thursday 19th March | 12.30pm-3pm | 4 sessions | Online

### Understanding Neurodiversity: Awareness of ADHD - Developer

Thursday 23rd April | 12.30pm-3pm | 4 sessions | Online

### Understanding Neurodiversity: Awareness of ADHD - Enhancer

Thursday 4th June | 12.30pm-3pm | 5 sessions | Online

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eligibility information

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**FREE\***

# Autism Awareness Courses

Online | January – March 2026

## **UnderstandAutism, Celebrate Strengths,SupportYourself or Others and Help to Raise Awareness**

- Better understand autism and what it means to be autistic
- Support your loved ones and/or yourself with confidence and compassion
- Understand challenges with executive function, sensory sensitivity, masking and more
- Celebrate difference through understanding neurodiversity

### **Understanding Neurodiversity: Autism Awareness - Starter**

Thursday 15th January | 12.30pm-3pm | 4 sessions | Online

### **Understanding Neurodiversity: Autism Awareness - Developer**

Thursday 26th February | 12.30pm-3pm | 3 sessions | Online

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