

ST. ALDHELM'S VA CHURCH PRIMARY SCHOOL  
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HEADTEACHER: Mrs P Cohen

# ST. ALDHELM'S NEWS

## January and February 2023

Dear Parents and Carers

It's only been a six-week term but definitely seems more! January certainly felt like a long month for everyone and I know everyone is ready for a good break full of fun amongst some rest and time to relax. It may have only been a few weeks, but as always, we have packed in lots at school.

We are excited about the prospect of the school's future and being in the process of becoming part of the Bath and Wells Multi Academy Trust. We know that we can continue to improve and become better and stronger if we work collaboratively within a bigger, more effective organisation. We're also proud of who we are as a school and know we have much to offer. Our identity, values and ethos will remain central to all we do and all decision making will continue to be focused around our offer of the best provision for the children.

We now look ahead to next term and to continuing our educational journey of learning together. There'll be new enquiries, new opportunities and new experiences to motivate, inspire and enable children to build on their knowledge. We invite you to Parent Consultations on March 21<sup>st</sup> and 23<sup>rd</sup>, where we'll share how your child is progressing and areas to celebrate as well as those needing practice and support. Details for booking appointments will be shared after the break.

We hope over the break, you'll get creative with your child and plan and make their 'Dress as a Word' World Book Day outfit. We also hope you'll join us for our Easter Service and Celebration Worship next term.

I finish by sharing the sad death of Verity Snook. Verity, a mum of one of our children, lost her battle with cancer last month and family and friends said their goodbyes at the funeral this week. Losing such a kind member of our community is tragic and I know she will be missed by so many. As we go forward, I know we'll want to give the family our support as it's needed by being sensitive to their feelings and providing the routine and stability in what is inevitably a challenging and difficult time.

It gives us all cause to appreciate what we have and not take things for granted, to be thankful and to live each day with gratitude.

Kind regards

*Pippa Cohen*

Headteacher

### TERM DATES for 2022-2023:

#### Half Term 11<sup>th</sup> – 19<sup>th</sup> Feb

<b>20.02.23</b>	<b>INSET DAY – school closed to children</b>
21.02.23	Term 4 starts for all children
28.02.23	Cross Country League – Downside School (Collect children at 2:45pm)
02.03.23	World Book Day (Dress as a Word)
20.03.23	Learning Showcase – Writing Reflection
21.03.23	Cross Country League - Millfield Prep School, Glastonbury Parent Consultation Evening 3:30-6pm
22.03.22	Spring Concert
23.03.22	Parent Consultation Evening 3:30-6pm
30.03.23	Easter Church service – led by Magpies and Owls
31.03.23	Term 4 Celebration Worship (note new date) End of Term 4

#### Easter Holiday 1<sup>st</sup> – 16<sup>th</sup> April

17.04.23	Term 5 starts for all children
<b>01.05.23</b>	<b>Bank Holiday</b>
May	Y2 End of KS1 Assessment month
<b>08.05.23</b>	<b>Bank Holiday (King's Coronation on 6<sup>th</sup> May)</b>
09.05.23	Y6 SATs Week (Tuesday-Friday)
20.05.23	The St Aldhelm Gathering, Sherborne
26.05.23	End of Term 5

#### Half Term 27<sup>th</sup> May- 4<sup>th</sup> June

05.06.23	Term 6 starts for all children
<b>23.06.23</b>	<b>INSET DAY – school closed to children</b>
21.07.23	End of Term 6

Please read on for [Celebrating Learning Behaviours](#) p2; [Maths Learning Showcase](#) p3&4; [Theatre, Workshop and Visitor experiences](#) p4-6; [Robins People Who Help Us](#) p7; [Forest School](#) p8; [X Country](#) p9; [Talking Mental Health](#) p10&11; [Safer Internet Day](#) p12; [Governor and PTA Message](#) p13&14



A big well done to all the children who received certificates in Term 3 for their progress, success and achievement with their learning behaviours ☺



# Maths Learning Showcase

## Robins



Robins were busy teaching parents how to represent numbers on a tens frame, ordering Numicon, building Numberblock towers and showing different ways to make 6 on ladybirds. Great job Robins!

## Nightingales



The children were very busy showing their parents and carers how to work out 1 more and 1 less using counters, how to subtract amounts using pictorial representations, how to partition numbers using cubes, how to identify missing numbers using a numberline and how to subtract numbers using playdough. Great collaboration Nightingales!

## Magpies



It was all about finding as many ways to make 20 in Magpies. Children showed parents how they could use all four operations. They used number equations, arrays, part-part-wholes amongst the many representations.

It was so lovely to see so many parents and grandparents come along to the learning showcase! Owls really loved sharing the learning that we have been doing recently in math about multiplication and division and teaching their grown-ups the methods that they use to solve them.

## Owls



## Kingfishers



## Falcons



Children across school loved 'becoming the teacher' when parents, grandparents and family members joined us in classes on Friday afternoon. Maths across school is taught through 'fluency', 'reasoning' and 'problem solving'. Through opportunities to teach grown-ups, children practice verbalising their work, thinking about their explanations and troubleshooting when a problem or a misconception arises.

It was so fantastic to see children's confidence with the methods we follow in school being displayed, whether that be through using place value counters, dienes/ Base 10, part whole models or more efficient written methods. It was also great for children to show that regardless of the problem they're given, they have a bank of strategies to solve it that they can draw on.

We are fortunate enough at the moment to be continuing to develop our maths provision across school, engaging in bespoke professional development tailored to our school as part of a 'Mastery Readiness' project, to ensure children leave St Aldhelm's confident in what they can achieve.



Owls, Kingfishers and Falcons were lucky enough to watch a performance by the wonderful aKa Theatre Company. It was lively, exciting and full of energy, which the children absolutely loved! They transformed our school hall into a theatre and brought all of their lights and sound equipment. It was a really immersive and inspiring experience for the children.



# Toys and Games Workshop

Year 2 Magpies welcomed Sharon from the South West Heritage Trust who told us all about Victorian Toys and Games. They were tasked to be History Detectives and look for clues whilst exploring the old toys.

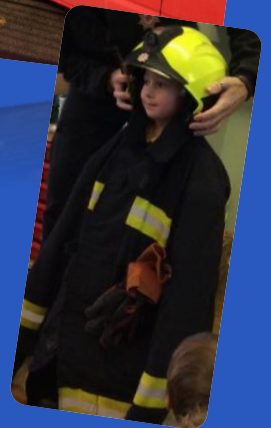


# People Who Help Us



To enrich our learning about People Who Help Us, Reception have been very lucky to have welcomed some wonderful visitors into Robin Class to learn about their role in society. **A BIG Thank You** to the Firefighter, Nurse (Mrs Ridley), Dental nurse (Mrs Hill) and Police officer (Mr Miller). We are so lucky to be able to benefit from the professions of our parents at school!

We look forward to our Vet visit next term.



# Forest School

## Year 3 Owls & Year 6 Falcons





# Mendip Junior Cross-Country League



The next Cross-Country Fixture Dates are:

Tuesday 28<sup>th</sup> February 2023 –  
Downside School, Stratton on the Fosse

Tuesday 21<sup>st</sup> March 2023 –  
Millfield Prep School, Glastonbury

On Tuesday 31<sup>st</sup> January our growing number of St Aldhelm's Cross Country Runners took part in the Mendip Cross Country Run at the Palace Fields in Wells. A huge well done to those who represented our school so brilliantly! It was lovely to see how supportive the children were with each other, which inspired some brilliant personal bests within the team. We are extremely proud of all of you! We are looking forward to the next event on Tuesday 28<sup>th</sup> February at Downside School. Please contact the office to let us know if your child is keen to join our fantastic team of KS2 runners and would like to take part next time.





# Children's Mental Health Week



A big thank you to the Wellbeing Action Group for organising a great week to support children's mental health. We all loved dressing to express on Monday, as you can see from the pictures. Each class took part in a range of activities to promote good mental health and wellbeing.



Thank you for all the kind donations made on School Gateway. This is still open for anyone who has not had a chance to donate yet. We appreciate your support and generosity.





# Talking Mental Health



## Supporting with Worries and Anxiety

Disruption and changes to routines can always be difficult. It is important to support children in developing self-care. This is about the things we can do to look after our own mental health. In each newsletter, we will share a new exercise or resource to support self-care. Doing this with your child can help them to also open up and share with you.

## Simple Breathing Exercises

Sitting comfortably, breathe gently, slowly and evenly. Notice the stretching sensation as you breathe in. As you breathe out notice the relaxation that follows.

Count in your mind, letting each count last about a second.

1. Rest your hand on your belly button. Take a normal breath and hold it as you count to 5.
2. Breathe out slowly, relaxing your shoulders, face and body, as you count to 4.
3. Breathe in slowly, letting your hand move outwards with your stomach, as you count to 4.
4. Breathe out slowly and let your hand and stomach move inwards, as you count to 4.
5. Breathe like this for 5 more breaths, focusing on your hand and stomach as they rise and fall, relaxing more with each breath.
6. Hold your breath like you did at the beginning and repeat the whole exercise again.

### What's this good for?

- Helping panic attacks
- Boosting concentration
- Preparing for difficult tasks
- Relaxing
- Sleeping better

# Safer Internet Day - Tuesday 7<sup>th</sup> February 2023

This year's Safer Internet Day had a focus on the importance of talking about what we do online – both the good and the bad. We discussed in whole school worship and in our classes and remind you to keep talking to your child about the things they are doing and seeing online.



## Safer Internet Day

**Want to talk about it?**

Making space for conversations about life online



Wait a minute, why would I want to talk with someone about what I see and do online?

Because talking and communicating about anything can help in lots of ways!

It's a way to connect and bond with other people

It's fun!

It's a chance to learn new things and ask questions

You can get help when things go wrong

It's a way to share information and ideas



Click on the guides below for helpful tips to encourage open discussions about digital lives and building cyber resilience at home.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, facts and tips for adults.

## Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers), so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

### MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Start conversations with educating adults and will happily chat about what they are using, the internet, and what games and apps they're into and how they use them. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep talking even if you don't have a question for a long time; they could be considering how to choose something specific, so you may be gauging your reaction.

### BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes, about relationships, about how babies are made, and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they're less likely to go looking online for misleading information and, in some cases, lead to learning something harmful content. Don't worry if you don't have a question for a long time; they could be considering how to choose something specific, so you may be gauging your reaction.

### REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In any role I work with many children and young people who admit about harmful content they've found online, in cases it leads to having their devices confiscated. It's important to let them know you're always there to listen and help, whenever they're in trouble – but remember that they are not to blame – but talking about it with you can help to prevent it.

### KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

### DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from their own experience that makes you feel angry or sad. Our research shows that perfect images, especially clean, never messy and are aesthetically pleasing. Explain to your child that there are many other people in the online world which are also deliberately presented in an unrealistic way for affect – such as someone's relationship, their body, having perfect skin and so on.

### TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or sad. Our research shows that perfect images, especially clean, never messy and are aesthetically pleasing. Explain to your child that there are many other people in the online world which are also deliberately presented in an unrealistic way for affect – such as someone's relationship, their body, having perfect skin and so on.

### CREATE A FAMILY AGREEMENT

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, what parental controls are for and why they're important, and why it's good to talk to each other about things we've seen or experienced online. Using good examples in real life can help your child understand that, as well as being a parent, you're also a well-informed and kept safe. The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

**Meet Our Expert**  
 Rebecca Jennings of NASC (National Online Safety) has over 20 years' experience advising relationships and sex education, including in schools, colleges and other educational providers. A published author on the subject, she is also a member of the Department of Education on the staff training element of the NASC curriculum.

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## 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off, streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops – the list goes on. As we introduce each new gadget to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

### WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to break. Use Cyber Security Centre's 'three random words' tip to create a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the weakest link. Use Cyber Security Centre's 'three random words' tip to create a long password which is easy to remember but hard to guess.

### 3. USE A PASSWORD MANAGER

A good way to manage different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. You could even create a backup of your data on a physical device – by saving it to a removable USB drive or similar. It's a good idea to have a backup of your data in case of a ransomware attack or other data loss.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is a security process that requires you to provide two or more forms of identification to verify your identity. This makes it more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' such as your birthdate or a pet's name. In case you forget your password, take care to use information you might have mentioned (or one likely to be found) in social media. More unpredictable answers make cyber criminals' task for harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the ability to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up, they will be vital if you're having trouble logging in or if you're trying to lock back control of your account after a cyber attack.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to your household's mobile phones, laptops, consoles and other devices. Practice yourself and your family with devices not only to keep you up to date on the latest tech, but also to keep you safe and secure in the event of a cyber attack.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches. This includes services such as OneDrive, LastPass and others. If you're worried about a possible attack or simply as a precaution, run your account security.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as smart home appliances, are often supplied with default passwords. This makes them quicker to get into, but also less secure. Change these and identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other devices. Security improvements and fixes are often released to improve your device's security. By ensuring each device is running the latest software, you're making them more secure.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or encourage urgency – even if they appear to come from someone you know.

**Meet Our Expert**  
 Gary Henderson is the Director of a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a professional interest in digital citizenship and cyber security, he believes it's essential that adults and children also become more aware of the risks associated with technology and online life.

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# A message from our School Governors

One of the key responsibilities of the school's governing board is to "hold the headteacher to account for the educational performance of the school and its pupils."

"Quality of Education" is the key judgement used to inspect the curriculum, which incorporates three central concepts: Intent, Implementation and Impact.

Beyond looking at the data related to pupil performance, a key component to this task is gaining a greater understanding of the curriculum and how this is provisioned throughout the school. Governors perform this task via presentations to the full board by subject leaders and through "Governor Subject Link" visits.

I recently had the opportunity to meet with Mrs Scott to gain further insights to the EYFS provision across the school, focussing initially on the Intent and Implementation. These meetings provide an invaluable opportunity to gain a further insight into specific subjects, along with strengthening the relationship between governors and the wider teaching team throughout the school.

There are seven areas of learning and development that shape the EYFS curriculum, covering the three prime areas (Communication and Learning, Physical Development, Personal, Social and Emotional Development) along with four specific areas (Literacy, Mathematics, Understanding the World and Expressive Arts and Design).

To cover these seven areas, the EYFS lead has worked effectively to draw up an Action Plan for the academic year, which highlights what EYFS provision looks like and how it correlates to the priorities outlined in the School Development Plan. Sitting alongside this, is the EYFS Progression Map, which demonstrates the areas of development throughout the year and how this correlates to the Department of Education's Early Learning Goals established in 2021. Both of these documents shape a Weekly Plan document, which forms the basis of what is taught to the class and individuals as required.

On behalf of the Governing Board, I would like to express my gratitude to Mrs Scott and the EYFS team for the dedication spent in establishing the clear goals to achieve its objectives and for taking the time to meet with us. Subsequent Link visits will provide the opportunity for Governors to gain a greater sense of the Impact of this provision, with a focus on looking at the evidence that demonstrates this later in the year.

*Chris Capon-Leyton*

Foundation Governor



# St. Aldhelm's Community News

## Friends of St. Aldhelm's PTA

If you would like to join our PTA, please speak to Chris Pulsford or contact the school office.

Future events to be confirmed.....



A date for the diary...

## *The St Aldhelm Gathering*

Saturday 20<sup>th</sup> May 2023

In the grounds of Sherborne Abbey

10-4pm to include stalls and short performances, bring your own lunch, celebration service with procession of the banners



Once Upon a Dance:

## Family Dance Workshops

Come and enjoy some fun and creative movement with Mandy Redmond in these free family dance workshops for all the family!

- Enjoy a fun introduction to contemporary dance - with lifts and tricks and lots of high energy fun!
- Improve your flexibility, coordination and balance
- Have fun together doing something creative as a family
- Create a piece of dance together!
- Aimed at ages 6+ and up to any age!
- Spaces will be prioritised for families in receipt of free school meals



No  
experience  
needed

'I love this class! Mandy makes it really fun and we spend a lot of the time laughing whilst learning'



Thursdays, 4:10 - 5:10pm

Taster Session: 23rd Feb

Weekly sessions:  
2nd - 23rd March  
20th April - 4th May

St Paul's CofE (VC) Junior School Hall

Email [hello@makethesunshine.co.uk](mailto:hello@makethesunshine.co.uk)  
or call 07834 039 030 to book a space or find out more!



Scan here to book!



[makethesunshine.co.uk](http://makethesunshine.co.uk)



Calling all woodwind, brass or percussion (kit or orchestral) players at Grade 3 + standard to join the Somerset County Youth Band at this year's Easter Wind Band Course

Rehearsal Sunday 2nd April 2022: 9.30am - 1.00pm  
Willowdown Primary Academy, Kings Drive, Bridgwater, TA6 4FU

Rehearsal Tuesday 4th April 2023: 3.00pm - 5.00pm  
Cedars Hall, The Liberty, Wells BA5 2ST

Concert Tuesday 4th April 2023 : 7.00pm - 9.00pm  
Cedars Hall, The Liberty, Wells BA5 2ST

For more info scan the QR code or visit [www.somersetmusic.gov.uk](http://www.somersetmusic.gov.uk)



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