



# Trull C of E VA Primary School

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## Maple Class News

This week Maple class were very lucky to have a visit from Castle School music teacher Mr Adams, who led them in a drumming workshop. They learned how to play the Djembe drums, which are a musical instrument from West Africa. They learned how to play some songs and they played some musical games. They learned how to play hard, soft, fast and slow. They learned how to do call and response, and even did some singing! It was a fantastic experience that was enjoyed by all.

*I have come that they may have life,  
and have it to the full.  
John 10:10*



Dear parents and carers,

What a busy few weeks it has been! I wanted to say a big thank you to all of you who have managed to attend and support some of the events which have taken place.

It was wonderful to see so many families in attendance at our **Sports Day** last Thursday – congratulations to Cotlake but also to all the children who took part and competed with smiles on their faces.

Our **Parent Workshops** were a real success too. Thank you to all the staff who helped to make it so informative and useful, and to all those who were able to come along and take part in the sessions. The feedback from those who attended has been fantastic; I am so glad it was helpful. A special thank you to Dr Julia Barnes who led one of our workshops. We will look to run one of these again next year and will once again be consulting you on which workshops would be most beneficial.

I was so proud this week to watch our pupils take part in our **Outdoor Music Showcase** on Tuesday. With children from Year One up to Year Five taking part, it was a wonderfully varied and relaxed evening, performing, celebrating and enjoying music. I am looking forward to seeing our choir, orchestra, Year Six instrumentalists and some ex-Trull musicians perform in our **Music Concert** in the Memorial Hall on Friday 19<sup>th</sup> July – tickets are now on sale from the school office.

On Wednesday, your child/ren will have taken part in our **'Move Up Morning'**, where they will have been informed of who will be teaching them next year. The structure will be as follows:

Ash – Mrs Haywood and Mrs Bottomley  
Beech – Mrs McAndrew  
Elm – Mr Oxley  
Maple – Mrs Spiller  
Oak – Mrs Atkins & Miss Grammer  
Rowan – Mrs Wilkins, Mrs Weston & Mr Davis  
Willow – Mrs Bowler & Mr Davis  
Yew – Mr Bond

You may have noticed one name is missing from that list; sadly, Mrs Bujniewicz will be leaving us at the end of term to take up a full time teaching position at Manor Court Primary School. I am sure you will join us in wishing her all the best for her new job and the future.

Finally, thank you to the TSF and everybody involved with running the **Disco** tonight – I know how much work goes into making it a success, so thank you to all the volunteers who give up their time to give our children such an enjoyable evening.

I hope everybody has a wonderful weekend, thank you again for the fantastic support you all give to the school and your child/ren.

Best wishes,

Luke Bottomley



## Music Week

**On Tuesday we enjoyed a summer music concert on the school field. Thank you to all the students who performed and staff who helped!**





**Year 5 had fun during their visit to The Rural Life Museum. We dressed as Victorians for the day so that we could feel fully immersed in the workshops! Mrs Bowler will put more photos onto the class webpage.**



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

## 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

## 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

## 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

## 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

## 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

## 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

## 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

## 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

## 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

## 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

### Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

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## COMPETITION

### DESIGN A FARM ANIMAL MASK

To get things started at Party in the Park, we are inviting any primary / preschool aged children to join in our Procession of Farm Animal Mask competition.

Design and make your own farm animal mask.



Meet at Trull Church Community Centre from 1.30pm on Saturday 13<sup>th</sup> July. The procession will leave at 1.45pm and make its way to the KGV Field.

Prizes will be awarded for the winning designs.

## Important dates

### July

Wednesday 10 <sup>th</sup>	Year 6 Production (Wizard of Oz) 6pm School Hall
Thursday 11 <sup>th</sup>	Year 6 Production (Wizard of Oz) 6pm School Hall
Friday 12 <sup>th</sup>	Non uniform - Bring a bottle for Party in the Park
Saturday 13 <sup>th</sup>	Party in the Park
Mon 15 <sup>th</sup> – Wed 17 <sup>th</sup>	Yr6 Residential to Charterhouse
Tuesday 16 <sup>th</sup>	Choir to Bridgwater Singing Festival
Wednesday 17 <sup>th</sup>	YR Sports Festival
Friday 19 <sup>th</sup>	Trull Music Concert 6.30pm Trull Memorial Hall
Monday 22 <sup>nd</sup>	Preloved uniform sale (after school)
Wednesday 24 <sup>th</sup>	Year 6 Leavers Service 2.00pm



### ATTENDANCE

The class with the best attendance this week is:

Maple Class!



### **Year 6 Production – Wizard of Oz**

We have tickets left for the Wizard of Oz production on Wednesday 10<sup>th</sup> and Thursday 11<sup>th</sup>. If you would like to purchase a ticket, please let the school office know.

The tickets are £2 (cash to be paid to the office).

Year 6 parents – please make payment for your requested tickets through Scopay.



### **Cricket Tournament Monday 1<sup>st</sup> July**

The girls won 4 games and lost 2! Well done!

