



Trull C of E VA Primary School

Telephone Number: 01823 333239

Office email: Office.Mailbox@TrullSchool.co.uk



Ash Class News

Ash Class have been animal mad recently. We have learnt all about different animal groups with a particular focus on Minibeasts this half term; hunting them, sorting them, writing clues to guess them, 3D junk modelling them and looking at how they are represented in Art - Matisse, The Snail. We have also nurtured caterpillars until they formed chrysalises and watched new butterflies emerge.

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

We have also been observing the growth of plants and each planted a sunflower seed and set up mini greenhouses to grow a bean each. Huxley brought lots of animals into class from home and we all enjoyed holding the chicks, baby guinea pigs and his tortoises. Thank you to Huxley and his mum and gran for giving up their time. We all had great fun.

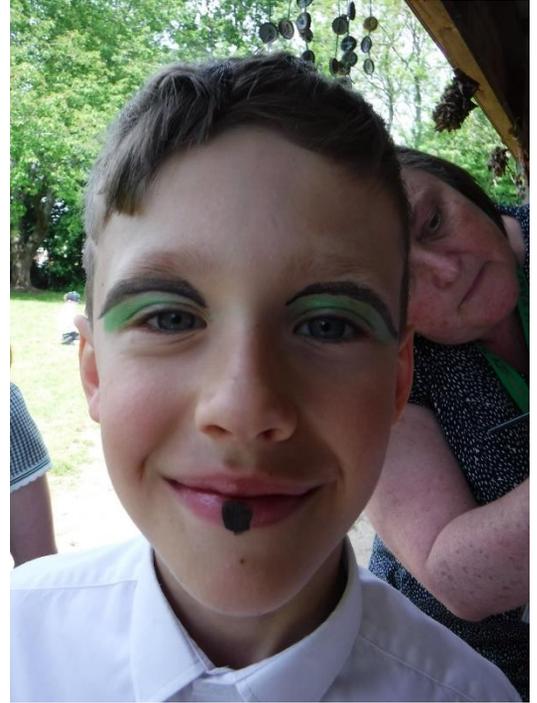


Ash Class news continued...



You may have spotted some strange drawings on the playground this week. Rowan Class have been showing what they learned about rivers by drawing them with all their features on the playground. You may have spotted a source, a meander or even the favourite- an ox bow lake!

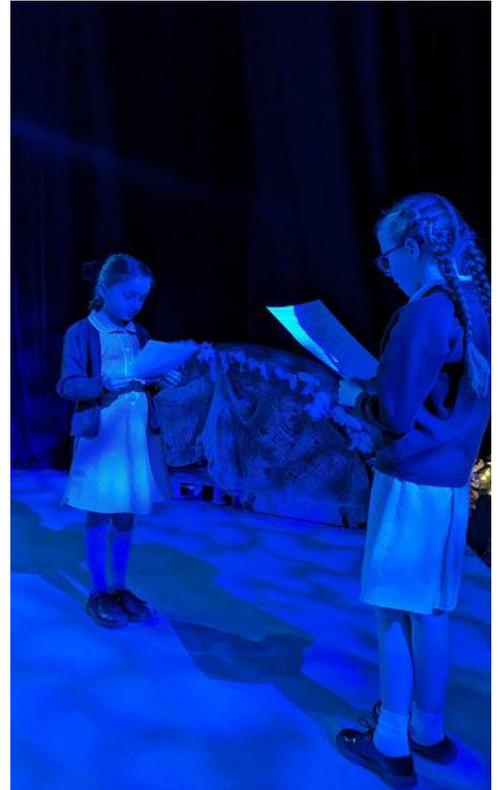




Oak Class enjoyed their final Outdoor Education Session. They were creating Egyptian jewellery and had the chance to try out a new Egyptian look!



Some of our Year 5 children took part in a performing arts day at Queen's this week. They had a lot of fun!





On Friday last week our Year 6s enjoyed an afternoon of fun to celebrate the end of SATs.

Thank you to the parents who organised the BBQ and the TSF for funding the inflatable obstacle course!



10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



#WakeUpWednesday

The National College

Important dates

May

Monday 27th – Friday 31st HALF TERM

June

Monday 3rd June Trull Tennis Club in school - Year 1, Year 2 and Year 3
Tuesday 4th June Trull Tennis Club in school - Year 4, Year 5 and Year 6
Wednesday 5th June 2024/2025 Reception parents meeting 6pm
Thursday 6th June Willow Class – Coldharbour Mill
Friday 7th June Oak Class assembly
Friday 21st June Maple Class assembly
Wednesday 26th Parent Book look (after school)
Thursday 27th Sports Day
EYFS 9am – 10am
KS1 10am – 12noon
KS2 1.15pm – 3.15pm
Parent workshops (more info on how to book to follow)
Friday 28th INSET DAY

July

Monday 1st – Friday 5th Music Week
Tues 2nd – Wed 3rd Y6 Transition Days
Friday 5th July Back up Sports Day
School Disco (more info to follow)
Year 6 Production (more info to follow)
Year 6 Production (more info to follow)
Bring a bottle for Party in the Park
Saturday 13th Party in the Park
Mon 15th – Wed 17th Yr6 Residential to Charterhouse
Tuesday 16th Choir to Bridgwater Singing Festival
Wednesday 24th Year 6 Leavers Service 2.00pm



ATTENDANCE

The class with the best attendance this week is:

Beech class!

Parent workshops

On Thursday 27th June, 4.30pm – 6.30pm, school will be running workshops for parents on the following topics:

Emotion coaching/emotional regulation
Anxiety
E-safety/computing/safeguarding children online
Healthy eating.

More information will follow after half-term on how parents can book onto these workshops.



Dear Parent / Carers

We currently have a high number of children off in Ash, Maple and Oak classes with vomiting and/or diarrhoea. We believe this may have been caused by a child returning to school too early after sickness. We have been informed by a health professional that Norovirus is currently circulating in this area.

As you will know, norovirus causes viral gastroenteritis, which is characterised by the sudden onset of vomiting and/or diarrhoea, it can spread rapidly in closed environments such as schools and nursing homes. However, most people do not require treatment and recover at home within one or two days.

People with symptoms of norovirus should:

- Stay away from work or school until **free of symptoms for at least 48 hours**
- Drink plenty to replace lost fluids. If symptoms persist (more than 48 hours) phone the GP or the NHS non emergency number 111 for advice.
- Wash hands thoroughly with soap and water regularly, particularly after toilet visits and before eating. **Alcohol hand gel is not effective against norovirus,**
- Avoid visiting friends or relatives in hospital or residential care or nursing homes as there is a real risk of spreading the infection to others.
- Stay at home, ensure personal hygiene is good, particularly hand-washing, and avoid contact with others where possible.
- Clean hard surfaces such as toilets at least daily and when contaminated. Using a cleaning product that is active against viruses may provide additional disinfection
- Wash soiled clothing and fabrics on the hottest wash the material will withstand
- Do not handle or prepare food for other people until symptom free for a minimum period of 48 hours.

If your child is well, they should continue to come to school. The children have been reminded in assembly this morning, the importance of hand washing and we have put extra cleaning measures in place.

If you have any further questions, please do not hesitate to contact us.





Saturday 13th July 2024

**CALLING ALL BUDDING
& EXPERIENCED PERFORMERS**

We have Open Mic slots available
in the afternoon.

Everyone welcome, whether budding or
experienced, whatever your skill is: poetry,
musician, singer, juggler and anything else!

If you would like a slot, please contact:

Andy Dunningham : TCCCbookings@gmail.com



the Trull PLAYERS

Oz

Join us for a workshop
Wednesday 29th May at 7.00pm
Trull Memorial Hall

Juniors (current Year 5 to Year 11) until 8.30pm
Show dates: Weds 4th - Sat 7th December 2024
Auditions will be held on Wednesday 5th June
We are putting on a music drama based on the stories
of Oz. Come along and see what we are all about.

Everyone welcome!

Join us **Saturday 8th June**
Trull Memorial Hall

the Trull PLAYERS

SUMMER SHINDIG

Tickets **£10** • 18+ only
Doors open 7pm • Live music 8pm
Cash and card bar

Tickets on sale from March 11th,
available by calling 07724 104196
or by visiting www.trullplayers.org.uk

BLAGDON HILL

Summer FETE

AND DOG SHOW

SATURDAY
1st JUNE
STARTING AT 2pm



**PARENT
LED**

FAMILY · AUTISM · ADHD · SUPPORT
Coffee, Chat & Support

For parents & carers of children/young people on the autism spectrum & ADHD. All welcome whether you have a diagnosis, are on the pathway or just want to learn more about autism/ADHD.

**EVERY
WEDNESDAY
9:30-12**
at Taunton YMCA

**KIDS
WELCOME**

Drop in between 9:30 -12, kids welcome, free parking, tea and coffee available x

Term time only

This will be a safe place to find support, a place to vent or just a coffee with like minded parents and friends.

Family meet ups / weekend dates / kids play dates coming soon
For more info text: 07983465478

WISE Up Workshops from Somerset Parent Carer Forum
<https://www.somerset.gov.uk/news/wise-up-workshops-2/>

Learn a language (including English) with a free online tool from Libraries
<https://www.somerset.gov.uk/news/learn-a-language-including-english-with-a-free-online-tool-from-libraries/>

Support for children and young people to understand their feelings and Mental Health
<https://www.somerset.gov.uk/news/support-for-children-and-young-people-to-understand-their-feelings-and-mental-health/>