



Trull C of E VA Primary School

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

Willow Class news

We have had a very busy Spring term in Willow Class! Our History topic for this term has been the Ancient Greeks and we have linked this topic into some other areas of the curriculum. The children have been learning about who the Ancient Greeks were, looking at ancient artefacts and exploring myths and legends. They have produced fantastic pieces of work inspired by their favourite Ancient Greek myth. In English, we have been writing 'warning stories' inspired by the myth about Daedalus and Icarus. In our Design and Technology lessons, we have been learning about arch structures and designing a building for the school which uses an arch structure as a key feature.

We have also been really lucky this term to get invites to two brilliant theatre performances. A few weeks ago, we went to the Brewhouse to watch Taunton School's performance of the Addams family. The children were fascinated by the costumes, amazing singing and sometimes scary characters! On Monday, the Year 5 and 6 children were invited to watch a French play 'Le Chateau' performed by the Onatti Theatre Company. The children shared lots of laughs and had opportunities to speak French. There were two familiar characters who took to the stage during the performance too! All of the children are hoping to take inspiration from the performances to help them during our Easter service next week which they will lead for the rest of the school.



The Olympians



The Time-Line
Chaos



Before the world began there was just chaos. Gaia, the Earth Mother, was the first parent of all things. The land, the seas, the mountains and the trees were created by her. She fell in love with the god of the sky and planets - Uranus. They ruled the universe. They had many children all different. Cyclopes, Hecatoncheires and 12 gods and one of them was Kronos. All their wonderful children were loved by Gaia but not so much Uranus. He decided to banish the Cyclopes and Hecatoncheires to Tartarus the underworld. Kronos went to kill his father and became King. Soon after Kronos had his first child with Rhea. When the baby was born Kronos remembered Gaia's warning because he didn't like his children, that one of his children would overthrow him so he decided to eat each and every child at birth, or so he thought. Rhea swapped Zeus for a rock and Kronos swallowed it whole. Zeus grew strong and brave and when he got older Rhea told Zeus to fight Kronos and when he did he sat upon his throne and became his siblings - A bath waterer for 10 years but Gaia wanted peace so she told Zeus to fight the Cyclopes and Hecatoncheires, they won the war so he did, but to do that he brought his Kampo a serpent, poison, scorch.

They help they end the war and became the Olympians. The End by Zeus

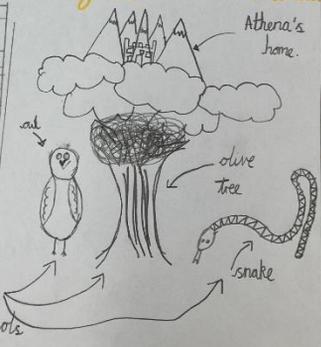


ATHENA

and the Olive Tree!

- Athena is the goddess of wisdom and war.
- Athena's father is Zeus.
- Athena was Zeus's favourite child.
- Athena created spiders.
- Athena was an immortal goddess and couldn't die.

Athena	
Parent	ZEUS + METIS
Goddess of	wisdom, war and weaving crafts.
Home	Mount Olympos
Symbol	AEGIS
Sacred animal	Owl
Sacred plant	Olive tree.
Retinue	Nike
Other names	Pallas, Tritogeneia
Roman name	Minerva



These were her major symbols

Theseus and the Minotaur



This story is about a Minotaur who gets fed by seven men every day. A Minotaur has a torso of a human and a head of a bull and a power of a bull. Theseus is a brave warrior, he went down and killed the Minotaur, but what will happen next.

His favourite character is Theseus
favourite character is Ariadne

The Minotaur

Minotaur
by Ariadne
and the C



Beneath King Minos's palace was a vast maze called the Labyrinth - his wife gave birth to the Minotaur, a monster with a head of a bull and a man's body. Every year King Minos would send seven men and women would get eaten by the Minotaur. Once they entered the Labyrinth, they were never seen again. Theseus offered to kill the Minotaur. The Minotaur swarmed like the blades, the Minotaur layed on the ground, dead.



EYFS/KS1

Forest Church Club

@ Monday lunchtime

12.40-1.10

Starting in the Summer Term...

A chance for children to get their wellies on and connect with God through nature, bible stories and outdoor play activities led by Libby (*All Saints Children's Worker*) and Mrs Spiller (*Elm Class teacher/RE lead*).

Ash Class - 15th & 22nd April

Beech Class - 13th & 20th May

Elm Class - 3rd & 10th June

Maple Class - 1st & 8th July

Please sign up on Scopay ☺





Thank you to everyone who came to last Friday's TSF Easter wreath making workshop and thank you to Aizel Finch at Yalham Hayes for running a wonderful night.



You raised an incredible
£740 from the collection
and cake sale!

Thank you for your
generosity and support.

We are planning to hold an Online Safety Workshop for parents in the summer term.

To feed into the planning of this and to ensure that we are addressing the right issues, we would be really grateful if you could spend a few minutes completing the following form about your child/ren's online use:

<https://forms.gle/uTcNadjhyX8SZscQ9>

The responses are completely anonymous, so please be as honest as you can – this is not in any way a 'test', we would just like to better understand where we can offer support. You are able to submit more than one response if you have more than one child at the school.



Competition Launch!



We would like to see happy and inspiring quotes around the school!

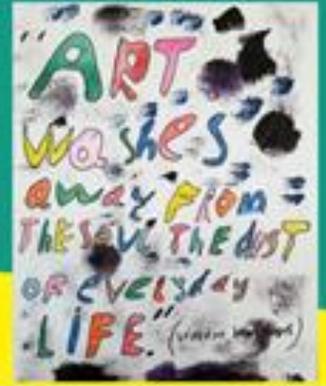
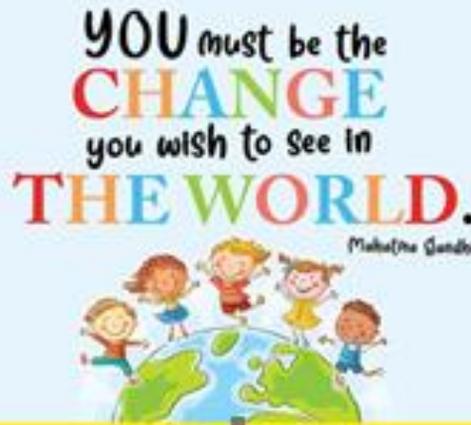
Make a poster all about your happy place or an inspiring quote.

Make it bright, eye catching and colourful!

There will be a small prize for the best in KS1 and KS2.

Entries to a Wellbeing Champion or Mrs Weston by Friday 1st March [now Thursday 28th March] with name and class written on the back.

Good Luck!



Zen Den appeal

The Zen Den is in need of quiet board games or mindfulness colouring/'how to draw' books that are unused, for the children to do, e.g. Dominoes, Connect 4, Chess/Draughts, Snakes and Ladders...suitable for all ages.

The Zen Den is a calm, quiet environment many children enjoy away from the busy playground, where they can recharge their batteries. Any extra resources for it would be very much appreciated!

Please take any donations to the office.



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.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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TSF Easter Competition – Decorate a 2D egg

£1 entry fee (via Scopay)

Your child's egg template will come home in their book bag when entry fee has been paid.

Decorate your egg in materials of your choice e.g. felt tips, paint, collage, ribbon etc
Bring your egg into school on 28th of March. 2 winners per class will be chosen and awarded an Easter egg.



We look forward to seeing all your wonderful creations. Have fun!

TSF



Important dates

March

Tuesday 26th Castle School Community Concert Rehearsal for Choir and Orchestra
Wednesday 27th Castle School Community Concert – 6.30pm
Wednesday 27th Easter Service in Church (school only)
Thursday 28th Easter Hat Parade 2.45pm
2nd Hand Uniform Sale 2.30pm
Decorate an Egg Competition deadline 9am
Friday 29th March – Friday 12th April Easter Holiday

April

Monday 22nd TSF Meeting at 7pm
Friday 26th Bag2School Collection (more details to follow)

May

Friday 3rd Ash/Reception Class Assembly
Thursday 9th – Friday 10th Willow Class Residential
Friday 17th Willow Class Assembly



ATTENDANCE

The class with the best attendance this week is:

Beech class

Vacancy

We are looking for a Late Club Supervisor, please follow this link for more information:

<https://www.trullprimary.com/staff-vacancies/>



Reception and KS1 Easter Hat Parade

This will take place in the school playground on Thursday afternoon (weather dependent). Parents are invited to watch this at 2.45pm and collect their child/ren afterwards at the usual collection point.



Catchball Tournament Scores:

Trull A: Won 4 games and lost 1
Trull 1: Won 1, drew 2 and lost 1

Well done to everyone who took part!



JOIN SUMMER AND SOFIA'S

5km Animal Charity Run

Saturday 6th April

10.30 - 12.30

Queen's College, Taunton

Suggested donation of £3 per child to enter



Please ask family and friends to sponsor you



Fancy running as an animal?
There's a prize for the best
fancy dress!



Some parking available in The Queen's College Sport's Centre car park, but please walk if possible. Please use the QR code or visit www.justgiving.com/page/clair-barnes-1708340900285 to donate. All money raised goes to RSPCA. Thank you for your support!

Dear Parents and Carers,

Our names are Summer Barnes and Sofia Woon and we are in Year 6 at Parkfield School. We are organising a 5km charity run on Saturday 6th April 2024 at 10:30am to 12:30pm taking place at Queen's College, Taunton.

The charity we have chosen is the RSPCA in West Hatch. The West Hatch Animal Centre looks after dogs, cats, rabbits, birds and many other types of small domestic and farm animals, most of which have been rescued from neglect and cruelty by their previous owners. They care for over 150 animals in West Hatch and running the centre costs £2000 a day. The RSPCA relies entirely on kind donations, which is why we, along with your support, would like to assist in the work they do. We are aiming to raise £500 and would really appreciate and welcome other children to join the run with us. We thought it might be more fun if we run dressed up like animals, with a prize for the best fancy dress! However this is completely optional.

If your child would like to run in this event, we have suggested a donation of £3 each to join. Running 5km will take a lot of effort, so we recommend training for the event. Please also ask your family and friends if they would like to sponsor you to train and run 5km for the RSPCA. Please use the QR code below or copy this link: <https://www.justgiving.com/page/clair-barnes-1708340900285>. Please could you add your child/children's names to the comments on Just Giving. There will be some refreshments available on the day (all proceeds to the RSPCA), so please bring some change! Some parking will be available in the Queen's College Sports Hall car park, but please walk if you are able to.

Please feel free to ask any friends or family members if they would like to join - the more the merrier!

Yours sincerely,

Summer Barnes and Sofia Woon

