



# Trull C of E VA Primary School

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## Rowan Class

What a busy term Rowan Class are having!!

Our learning swirls around Water: we are writing a guided tour of the water cycle, discovering about the changes of state and technical language in the water cycle, learning about rivers in geography and about decimals in maths.

On Friday, we will be sharing our new skills in Brass: playing trumpets, trombones and baritones for our parents and the school. And sharing what we have learnt about brass bands. We love our Wednesday lessons with Mr Bowen, and Mr Davis has wowed us with his new brass skills too!

Next week we are off on a trip to Wessex Water's site to find how water from the Quantocks is treated, to explore the waterways and reservoir. We will use our tour writing skills to write a new tour for our guide, Sue.

And in the last week of this half term, we will have a visit from Eve at South West Heritage to explore the archives linked to Trull School in the Edwardian period.

We hope you enjoyed our brass performance today!

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





# Forest Church



Last week in Forest School we shared our knowledge about the Creation Story. We had a lovely time creating the story using natural objects around us. We then had a rest just like God did on his seventh day!



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](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

## Summer Term – Important Dates

w/c 12 <sup>th</sup> May	SATS Week
Tues 13 <sup>th</sup> May	Rowan Class trip to Wessex Water
Fri 16 <sup>th</sup> May	Willow Class Assembly
Fri 16 <sup>th</sup> May	Rowan, Willow and Yew Class to Percy Jackson The Musical at Queens
Mon 19 <sup>th</sup> May	Spirituality Through Play Day KS1
Tues 20 <sup>th</sup> May	Spirituality Through Play Day KS2
Wed 21 <sup>st</sup> May	Open the Book Assembly (parents welcome)
Thurs 22 <sup>nd</sup> May	Ash Class Multi Skills at The Castle School
Thurs 22 <sup>nd</sup> May	Tempest Class Photos and Y6 Photos
Fri 23 <sup>rd</sup> May	Tempest Whole School Photograph
Fri 23 <sup>rd</sup> May	Beech Class Assembly

### ATTENDANCE

The class with the best attendance this week is:

**Maple Class!**

### LUNCHTIME AWARD

The class who received the most lunchtime tokens for kindness, respect and good behaviour this week –

**will be announced on Monday!**

**Family service**

**Sunday 11th May**

**Starting at 10:15am with refreshments  
in the Trull Church Community Centre**

We sing, pray, learn about God, and have fun together!

We do this in a variety of ways including games, craft and interactive stories.

This is a noisy and beautiful service, where all ages worship God together.

Scan the QR code for more information

The poster features a colorful illustration of diverse people at the top, a cross icon, and three circular photos showing children and adults engaged in activities. A QR code is located in the bottom right corner.

## Bookings Now Open Half Term Holidays and Summer Holidays



The poster features a dark blue background with a large white circle in the center containing a red circle with a white silhouette of a person dodging a ball, labeled 'DODGEBALL'. Surrounding this central graphic are various sports icons: a basketball, a yellow ball, a soccer ball, a baseball, a tennis ball, and a football. At the top, the text 'MULTI-SPORT' is in blue and orange, and 'ACTIVITY CAMP' is in blue and orange. Two yellow stars are in the top corners. On the left, there is a baseball bat and a soccer ball. On the right, there is a basketball hoop and cricket stumps. A blue starburst at the bottom right contains the text 'OPEN TO CURRENT YEAR 3 - YEAR 6 CHILDREN'. Text at the bottom left lists dates for Half Term and Summer Holidays, the time 08:30-16:00, the cost of £25 per day, and the school name Trull G of E VA Primary School. It also lists the head coach Mrs. Mitchell and assistant coach Mrs. Andrews, and a note that a maximum of 24 children can run per day with a minimum of 15.

**MULTI-SPORT**  
**ACTIVITY CAMP**

**DODGEBALL**

**HALF TERM HOLIDAYS**  
Tuesday 27<sup>th</sup> May 2025

**SUMMER HOLIDAYS**  
Thursday 24<sup>th</sup> July 2025  
Friday 25<sup>th</sup> July 2025

**08:30 – 16:00**

**£25 per day**  
Trull G of E VA Primary School

**Head Coach: Mrs. Mitchell**  
**Assistant Coach: Mrs. Andrews**

\* max: 24 children per day, minimum of 15 for club to run.

OPEN TO CURRENT  
YEAR 3 - YEAR 6  
CHILDREN

For May Half Term please submit forms by Friday 16<sup>th</sup> May otherwise a decision will be made as to whether we need to cancel due to numbers.

We take child protection extremely seriously at our school. If you have a concern, you can speak to any of the school's designated and trained Child Protection officers: Miss Grammer, Mrs Cerullo, Mr Bottomley or Mrs Crudge. Alternatively, you can ring Childrens Social Care on: 0300 123 2224 or Email [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk)

**FUN PACKED DAYS EVERYDAY!**

**PREMIER HOLIDAY CAMPS**

**Premier Education** INSPIRING ACTIVITY

SCAN HERE FOR ADDITIONAL INFORMATION or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)

Trustpilot **★★★★★** based on over 20,000 reviews

**Birchfield Community School - Yeovil**  
 Tuesday 27<sup>th</sup> - Gymnastics Camp  
 Wednesday 28<sup>th</sup> May - Football Camp or Multi-Activity Camp  
 Thursday 29<sup>th</sup> May - Multi-Activity Camp  
 Friday 30<sup>th</sup> May - Net and Dodgeball Camp or Multi-Activity Camp

**Cotford St Luke Primary School - Taunton**  
 Tuesday 27<sup>th</sup> - Net and Dodgeball Camp  
 Wednesday 28<sup>th</sup> May - Football Camp  
 Thursday 29<sup>th</sup> May - Gymnastics  
 Friday 30<sup>th</sup> May - Multi-Activity Camp

**Glennie View Primary School - Ilminster**  
 Tuesday 27<sup>th</sup> - Friday 30<sup>th</sup> May - Multi-Activity Camp

**Holy Trinity Primary School - Taunton**  
 Tuesday 27<sup>th</sup> - Thursday 29<sup>th</sup> May - Multi-Activity Day

**Parkfield Primary School - Taunton**  
 Tuesday 27<sup>th</sup> - Friday 30<sup>th</sup> May - Multi-Activity Day

All camps run from : 09:00-15:30  
 Age: 4-11  
 Price: £24.99 per day  
 \*\*Parkfield £28.99 - £30-18:00

Visit [www.premier-education.com](http://www.premier-education.com) to book  
 Contact [darywell@premier-education.com](mailto:darywell@premier-education.com) for queries

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.  
 A bucket load of fun activities, every school holiday. With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

Book now for a school holiday full of fun!

**PLEASE BRING**  
 PLenty of WATER  
 SUITABLE OUTWEAR  
 LEADS of ENERGY

SCAN HERE FOR MORE INFORMATION or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)

Trustpilot **★★★★★** based on over 20,000 reviews

**WE MAKE FOOTBALLERS**

FOOTBALL TRAINING FOR 4-12 YEAR OLDS IN  
**TAUNTON**

We create a fun, safe and welcoming environment for children to develop their individual footballing ability and enjoy the game

- The weather won't stop us
- Suitable for children of all abilities
- Sign up for a block not the whole year

Book your free introductory session

QR Code

**We make footballers Taunton**

## Beginner's Bell Ringing

Ever wondered how the church bells are rung?  
 Ever wondered how easy it would be to ring one?

With our church bells now restored and back home in All Saints tower, is now your time to learn to bell ring?

Come along between 10am and 11am either this Saturday (10<sup>th</sup>) or next (17<sup>th</sup>) to give it a go and find out more.

It is open to all ages (10+ yr) and, whilst it's easier when you're younger, you're never too old to learn. You do not have to be musical, though a Sense of rhythm helps.

Introductory and Instruction sessions are available.

What are you waiting for?

