



Trull C of E VA Primary School

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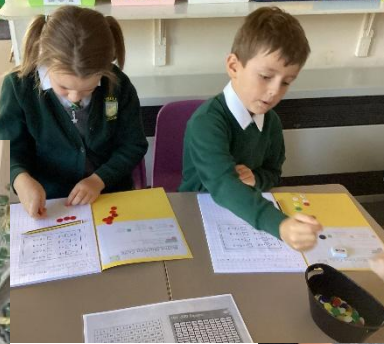


Maple Class

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

We've had a fantastic first week back in Year 2! In English, the children have been busy writing character descriptions using wonderful adjectives and even experimenting with similes to make their writing really shine. In maths, we have been revisiting multiples of ten and sharing our knowledge and understanding with growing confidence.

In art, the children created some beautiful portraits, showing real care and creativity. Geography took us on an exciting imaginary journey – we buckled up and “flew” into our continent, to our country, county, town, and finally our very own village. What a brilliantly busy start to the term!



Autumn Term – Important Dates

September

Mon 15 th	Beech Class - Meet the Teacher 5.00pm Trull School Fundraisers AGM - School Hall 7.30pm
Wed 17 th	Open the Book Assembly Y3 SASP Sports Festival
Tues 23 rd	PINS Coffee Morning – Pool Room 9.30am
Wed 24 th	Y2 SASP Sports Festival
Fri 26 th	Y4 Trip to Somerset County Museum
Mon 29 th	Reception Parent Meeting 6.00pm
Tues 30 th	School Photos (individual and siblings)

ATTENDANCE

The classes with the best attendance this week are:

Ash, Beech & Yew Classes!

Reminder

Can you please be careful whilst driving to and from school. A parent recently got 'clipped' by a car whilst walking their children to school along Church Road, which has a speed limit of 20 mph.

LUNCHTIME AWARD

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

Elm & Willow Classes!

OPEN THE BOOK ASSEMBLIES

Once a month we are joined by some members of Trull Church who come in and act out a story from the bible. These take place in the School Hall and run from 8.55am until 9.20am. If you are able, we would like to invite parents to come in and share this time with us. We do not operate a booking system, but the maximum no. of parents we can accommodate will be around 20.

The dates we have so far for these are:

- Wednesday 17th September
- Wednesday 19th November
- Wednesday 10th December



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

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

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.





Clare Deem, our new violin teacher, really enjoyed meeting the existing pupils across the school on Monday. She has a few spaces available for lessons. If you are interested, initial taster lessons can be arranged before committing to lessons. Please contact her at:

claredeemviolin@gmail.com or Telephone 07983506385



Mrs Davenport teaches French and Spanish on Mondays. If your child is interested in learning either language, please contact Mrs Davenport at: alysondavenport@hotmail.com



The advertisement features a photograph of a group of people sitting around a round wooden table with coffee cups and glasses. A logo for 'Partnerships for Inclusion of Neurodiversity in Schools' is in the top right. A teal speech bubble contains the text 'PARTNERSHIPS FOR INCLUSION OF NEURODIVERSITY IN SCHOOLS'. Below the photo is a blue cup of coffee with cookies. The text describes the parent group and provides details for a session at Trull CE VA Primary School on Tuesday 23rd September, 9.30am-11am. A QR code is in the bottom right.

PARTNERSHIPS FOR INCLUSION OF NEURODIVERSITY IN SCHOOLS

We are delighted to share our Parent Group which is part of the pilot of the new Partnerships for Inclusion of Neurodiversity in Schools (PINS) project.

This group is a friendly place to come and meet other parents in your school who also have children with additional needs (your child doesn't need a diagnosis to attend). We will be joined by reps from Somerset parent carer forum. We hope that these groups will be a place to meet other parents and share experiences.

Trull CE VA Primary School.
Tuesday 23rd September.
9.30am-11am.

Parent Coffee Session





Family service

Sunday 14th September

**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!



Puppet Workshop

Have you ever been curious about how Mickey and Rainbow talk and move?
Now is your chance to discover their secrets!

Join us for an after-school puppet workshop for yr 3-yr 6.

Wednesday 17th September

3:15-5pm

Trull Church Community Centre

(after school-meet in the playground to walk to TCCC together)

CREATE A SOCK PUPPET AND DISCOVER

HOW TO WORK ONE OF OUR PUPPETS!

We are hoping to train more puppeteers
for our monthly family service!

Booking Essential: scan the QR code or visit <https://tinyurl.com/puppetworkshop17>





**MULTI-SPORT
ACTIVITY CAMP**

DODGEBALL

**OCTOBER HALF TERM
Monday 27th October 2025
08:30 – 16:00**

£25 per day
Trail C of EVA Primary School
Head Coach: Mrs. Mitchell
Assistant Coach: Mrs. Andrews

**OPEN TO CURRENT
YEAR 3 - YEAR 6
CHILDREN**

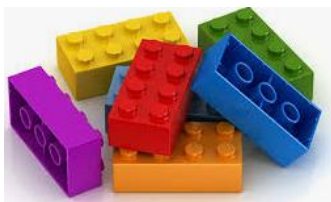
* max 30 children per day, minimum of 16 for club to run.

Bookings are now open for the October Half Term Multi Sport Activity Camp.

If you would like to book a place, please bring your completed form and money to the School Office

Willow Class' Lego Club

Willow Class are looking for donations of Lego for their Club. If you have any extra and would like to donate it, Mrs Bowler would be very grateful!



FREE*


Awareness of ADHD Courses

Online | September - December

Celebrate Strengths, Build Skills, Support Yourself or Others with ADHD Awareness

- Better understand ADHD and what it means for those that have it
- Support your loved ones and/or yourself with confidence and compassion
- Support yourself or others to manage mental health, executive function and sleep
- Overcome challenges, build positive habits, celebrate your strengths and achieve your goals

Understanding Neurodiversity: Awareness of ADHD - Starter | Tuesday 16th Sept | 10am-12.30pm | 4 sessions | Online
Understanding Neurodiversity: Awareness of ADHD - Developer | Tuesday 4th November | 10am-12.30pm | 3 sessions | Online
Understanding Neurodiversity: Awareness of ADHD - Enhancer | Tuesday 25th November | 10am-12.30pm | 5 sessions | Online

Scan the QR code to sign up 

Enrol today to secure your space!

*Please see our website for eligibility information

Book online, or call us
sslcourses.co.uk 0330 332 7997

 **SS+L** CHANGING LIVES THROUGH LEARNING