



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*

Rowan Class News

This half term, we are learning about changes to our environment, the history of Trull and maps. So, we enjoyed a walk around the village discovering its history and finding clues to how Trull has changed. Can you work out where we are?

We have also been diving into *The Iron Man* in writing, focusing on using grown-up punctuation, ambitious vocabulary and thoughtful ideas to make our work more engaging for the reader. In Maths, we have been developing our understanding of multiplication, using it to underpin our learning and help us tackle more complex calculations beyond the times tables we already know. In Art, it is a painting half term and we are very excited to be exploring anthropomorphic animals—giving animals human qualities—using the work of Ken Hoffman and Sandi Mower as our inspiration.





Gymnastics

Today Premier Education came in to deliver extra Gymnastics sessions to Maple, Oak and Willow Classes. As you can see, they had a lot of fun!



Spring Term – Important Dates

January

Fri 30th Maple Class Parent Assembly

February

Tues 3rd Parents Evening

Wed 4th Parents Evening

Fri 6th Y2 Trip to SS Great Britain

TSF Champagne Tasting

Wed 11th Y4 SASP Net/Wall Festival

Open the Book Assembly

Fri 13th KS1 Disco 5.30pm - 6.30pm

KS2 Disco 6.45pm - 7.45pm

IMPORTANT!

Parents evening bookings
have now gone live and can
be booked on Scopay



TSF PRESENTS
£25 per ticket

Champagne Tasting

CLASSIC TASTING

An immersive guided Champagne Tasting at Trull School in association with the TSF - Experience will include Charcuterie & glasses of Moët Brut Imperial / Veuve Clicquot / Ruinart Blanc De Blancs & others.

**FEB 6th @
18:00 PM**

Trull School Assembly Hall

MORE INFO:
tsf@trullschool.co.uk

The poster features a dark blue background with white and gold text. It includes illustrations of grape clusters and champagne glasses. The event is presented by TSF and costs £25 per ticket. The date and time are prominently displayed in gold and white.

ATTENDANCE

The class with the best attendance
this week is:

Rowan Class!

LUNCHTIME AWARD

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

Yew Class and Maple Class!

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.

What Parents & Educators Need to Know about

TIKTOK



(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



See full reference list on our website



Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.11.2025



KS1 DISCO - YR, Y1, Y2 (ASH, BEECH, ELM & MAPLE)
5:30PM - 6:30PM

KS2 DISCO - Y3, Y4, Y5, Y6 (OAK, ROWAN, WILLOW & YEW)
6:45PM - 7:45PM

The Valentine's disco is £3.00 per child and includes a drink and a small snack. Please pay the entrance fee via SCOPAY by 6pm Thursday 12th February when bookings will close.

If your child has any dietary requirements, please let the school office or your class TSF representative know.

- KS1 will enter via the main hall doors
- KS2 children will enter via the practical area
- Children will be ticked off the register as they enter to ensure we have a list of all children present for Health and Safety reasons.
- Children are unable to bring coats/accessories/mobile phones with them
- Please note that only staff and volunteers with Trull School DBS clearance may be in the hall during the disco for safeguarding reasons.

At the end of each disco, the office door will open for you to queue to collect your child. The children will be grouped by class for you to collect. Please ensure you inform the member of staff in charge of each class that you are taking your child, then exit via the hall doors onto the playground.

VOLUNTEERS NEEDED: for the disco to run smoothly we require 10 parent volunteers per disco and you will need a Trull School DBS to volunteer. At least two staff members will also be at each disco. If you are able to help, and you have a Trull School DBS in place or underway, you can let us know you're happy to help via SCOPAY when you make a disco booking for your child.

A poster for a multi-sport activity camp. At the top, it says 'MULTI-SPORT ACTIVITY CAMP' in blue and orange. Below the text are icons for a basketball, soccer ball, baseball, tennis ball, and football. A central circular graphic features a red background with a white silhouette of a person playing dodgeball and the word 'DODGEBALL' in white. Surrounding this are icons for a baseball bat, a soccer ball, a basketball hoop, and cricket stumps. A blue starburst at the bottom right says 'OPEN TO CURRENT YEAR 3-YEAR 6 CHILDREN'. Text on the right side provides details: 'FEBRUARY HALF TERM Monday 16th February 2026 08:30 - 16:00 £25 per day Trull C of EVA Primary School Head Coach: Mrs. Mitchell Assistant Coach: Mrs. Andrews'. A small note at the bottom left says '*max 30 children per day, minimum of 15 for clubs to run.'

FEBRUARY HALF TERM
Monday 16th February 2026
08:30 – 16:00
£25 per day
Trull C of EVA Primary School
Head Coach: Mrs. Mitchell
Assistant Coach: Mrs. Andrews

*max 30 children per day, minimum of 15 for clubs to run.

OPEN TO CURRENT
YEAR 3-YEAR 6
CHILDREN



Trull Memorial Hall

Saturday 31st January

2pm - 4pm

FREE ENTRY for buyers



Tea, coffee, homemade cake on sale & raffle

admin@trullmemorialhall.co.uk



★ TAUNTON TREASURES MULTI SPORTS ★

Come and join our TAUNTON TREASURES

Inclusive multi-sports session for all mainstream primary school aged children (boys & girls age 4-10) with any additional needs or disability (no formal diagnosis required)

Monthly sessions held at Taunton Vale Sports Club, TA2 6LL

You'll soon find out our club is more than just a sport!



★ TAUNTON TREASURES MULTI SPORTS ★

SUNDAY 25 JAN
SUNDAY 22 FEB
SUNDAY 22 MARCH
SUNDAY 26 APRIL
SUNDAY 17 MAY
SUNDAY 14 JUNE

10:30 - 11:15
TAUNTON VALE SPORTS CLUB

For more information or to book a space contact
tauntonnetballclub@outlook.com

/Taunton Netball Club
 @tauntonnetballclub
 @TauntonNetball Club

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FREE PREMIER HOLIDAY CLUBS

more fun, more friendships, more smiles DURING THE FEBRUARY HALF-TERM!

Book today premier-education.com
 Premier Education
 Excellent Trustpilot

SOMERSET HOLIDAY CLUBS

- ★ Birchfield Community Primary School, Yeovil, BA21 5RL
- ★ Cotford St Luke Primary School, Taunton, TA4 1HZ
- ★ Herne View CofE Primary School, Ilminster, TA19 0BL**
- ★ Parkfield Primary School, Taunton TA1 4RT*

* Running 16th, 17th, 18th, & 19th February
**Not running the 16th

- ★ Multi Activity, Gymnastics, & Nerf camps available
- ★ 9am - 3:30pm (*8.30-4pm)

★ FIRST DAY FREE, SECOND DAY HALF PRICE - AVAILABLE TO EVERYONE!
(Message us on Facebook @ Premier Education Devon to book)

- ★ £27.99 per child, per day
- ★ £31.99 per child, per day

★ Available to children aged 4 - 11

- ★ Book at www.premier-education.com/holiday-camps
- ★ Contact dcrysell@premier-education.com for queries

please bring

- Plenty of water
- Suitable clothing
- Loads of energy!

Our Holiday Clubs keep children active, safe, and entertained throughout the school holidays.

Join us this February as we offer a wide range of fun activities, including sports, performing arts, and games, all at great value. There's something for every child to enjoy this half-term!

Book now for lots of holiday fun!

CLUBS ARE BETTER WITH FRIENDS!

TREAT YOUR FRIENDS TO 20% OFF... AND GET 20% OFF TOO!

*16% Groupy Referral Friend & Account on bookings only.

Message us to book @ Premier Education Devon
 Excellent Trustpilot

Sleep Talkers

Domain 3

SLEEP CHALLENGES IN CHILDREN

SEF areas

We ensure that staff understand how neurodiverse needs can impact a child's behaviour and ability to learn.

Date and Venue

We are confident that staff understand the challenges that can exist at home for neurodiverse children that impact their ability to engage well in school, e.g. the impact of reduced sleep and have strategies in place to support this.

Date and Venue

28 January 2026
10:00-11:30
Online

Who

Offer details

Parents
Teachers
Learning support assistants

A child who does not sleep well can affect the whole family. Disabled children, and those with certain medical conditions, are more likely to experience problems with sleeping.

These sessions will discuss some of the common issues and strategies that can be used to support your child or young person.

There will be an opportunity to discuss your personal challenges around sleep and come up with an action plan.

Hour allocation

1 hour



Booking

<https://shorturl.at/8ZD12>

Eating Difficulties

Domain 3



SEF areas

We ensure that staff understand how neurodiverse needs can impact a child's behaviour and ability to learn.

Date and Venue

We are aware of the prevalence of sensitivity around food and eating for neurodiverse children and have strategies to support children with this.

Date and Venue

12 February 2026
10:00-12:00
Online

Who

Offer details

Parents
Teachers
Learning support assistants

Food and eating can be a huge issue for autistic children.

Sensory issues and anxiety can lead to a person having a very restricted diet.

What can you do to help neurodiverse children with eating difficulties? In this 2 hour session, we will explore autism and food sensitivities.

The session covers -

- Sensory sensitivities and their role in eating
- Anxiety's role in eating.
- The difficulties we usually see.
- Strategies that work to help a child.

Hour allocation

2 hours



Booking

<https://shorturl.at/PC21e>



FREE*

Awareness of ADHD Courses

Online | March – June 2026

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
Thursday 19th March | 12.30pm-3pm | 4 sessions | Online

Understanding Neurodiversity: Awareness of ADHD - Developer
Thursday 23rd April | 12.30pm-3pm | 4 sessions | Online

Understanding Neurodiversity: Awareness of ADHD - Enhancer
Thursday 4th June | 12.30pm-3pm | 5 sessions | Online

Scan the QR code to sign up



Enrol today to secure your space!

*Please see our website for equality information

Book online, or call us:

sslcourses.co.uk 0330 332 7997



SS * L CHANGING LIVES THROUGH LEARNING



FREE*

Autism Awareness Courses

Online | January – March 2026

Understand Autism, Celebrate Strengths, Support Yourself or Others and Help to Raise Awareness

- Better understand autism and what it means to be autistic
- Support your loved ones and/or yourself with confidence and compassion
- Understand challenges with executive function, sensory sensitivity, masking and more
- Celebrate difference through understanding neurodiversity

Understanding Neurodiversity: Autism Awareness - Starter
Thursday 15th January | 12.30pm-3pm | 4 sessions | Online

Understanding Neurodiversity: Autism Awareness - Developer
Thursday 26th February | 12.30pm-3pm | 5 sessions | Online

Scan the QR code to sign up



Enrol today to secure your space!

*Please see our website for equality information

Book online, or call us:

sslcourses.co.uk 0330 332 7997



SS * L CHANGING LIVES THROUGH LEARNING