



Trull C of E VA Primary School

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Rowan Class news

Rowan Class have been really busy recently. In Design and Technology, we have been learning about pneumatic mechanisms with pressurised air to move the piston up and down. The whole class made animals with moving parts, such as Orcas that snap their teeth and a dog that wags its tail. We made it with a piston and a tube so the air pressure is forced to go through the tube and the other piston flies up!

Written by Dougal, Alana, William and Orla

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



This term, we have also been busy exploring a range of exciting topics across the curriculum. In Maths, we have been developing our understanding of fractions, learning how to recognise, compare and work confidently with them in different contexts.

In English, the children have shown great creativity by writing their own fantasy stories inspired by *Aladdin*, filled with magical settings and increasingly complex writing skills.

In Computing, pupils have been building their digital skills by editing photos, experimenting with different tools to enhance and transform images. Meanwhile, in Science, we are coming to the end of our unit on animal habitats and rainforests, where children have deepened their knowledge of how living things adapt to their environments. It has been a fantastic and productive term, and we are very proud of all their hard work!



This week Beech Class went on a Welly Walk looking for signs of animal life.



Another bright yet breezy Forest Church session this week.

We held our own Easter egg hunt in the Forest School area, where each egg contained a clue to help us retell the Easter story. Using these clues, we shared a thoughtful discussion about the events, recalling key themes, emotions, and ideas. It sparked some truly wonderful reflections.



Well done Ash Class for a brilliant assembly this morning!
We are so proud of you.



House Dance

The winners will be announced on
Monday!

Congratulations to those who took part in the
Netball Tournament on Monday.





A huge thank you to Mr and Mrs Venn for bringing in their tractors, calves and some lambs for us to see this morning.



We tasted some Cathedral City cheese which is made with the milk from the Venn's farm. Thumbs up from us! Delicious!

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 DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026

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

Spring Term – Important Dates

March

Tues 31st Castle Community Concert rehearsal 9.10am

April

Wed 1st Castle Community Concert 6.30pm

Thurs 2nd Easter Hat Parade
Term Ends

Summer Term – Important dates

April

Mon 20th Term starts
Wed 22nd Y6 SATS/residential meeting (more info to follow)
Y5 residential meeting (more info to follow)
Friday 24th Reception vision screening (more info to follow)

May

Wed 6th Reception and Y6 Height and Weight checks (more info to follow)
Fri 8th Rowan Class assembly
Tues 12th Y4 trip to Wessex Water (more info to follow)

ATTENDANCE

The class with the best attendance this week is:

Beech

LUNCHTIME AWARD

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

Oak and Elm



Easter Hat parade 2nd April 2.45pm on school playground

You are invited to watch the Reception and KS1 Easter Hat Parade taking place on Thursday 2nd April at 2.45pm in the playground. The Y3&4 choir will also be performing after the parade.

Reception and KS1 parents – please bring your Easter bonnets to class on Monday 30th March, ready for decorating.

Car Parking

When using the car park at drop-off and pick-up times, please be considerate of others.

- Please do not park in the disabled parking spaces unless displaying a blue badge.
- Please do not park on the yellow hatched areas.
- Please only park in designated spaces and do not park alongside other vehicles.

And if you end up parking along Church Road and Wild Oak Lane, please do not block gates or driveways and be respectful of our neighbours.

We are very lucky to be allowed to use the car park so please respect their directions.

Many thanks.





**MULTI-SPORT
ACTIVITY CAMP**

Join us for an Easter egg hunt!

DODGEBALL

EASTER HOLIDAYS
Tuesday 7th April 2026
Wednesday 8th April 2026
08:30 – 16:00
£25 per day
Trull C of E VA 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.



Good Friday
Family Event

Join us for our Good Friday Family event in **Trull Church Community Centre**, from **10am til 1pm** on **Friday 3rd April**

Craft, treasure hunt, Easter gardens, Bible stories, singing, and sausages for lunch

Please scan the QR code to sign up for this event.



Optional donation of £5 per family - pay by cash or card on the day





ATTENTION PARENTS!

BRAND NEW CLASSES LAUNCHING NOW IN TAUNTON!

TAUNTON CATHOLIC CENTRE | THE MOUNT | SOMERSET | TA1 3NR

AWARD WINNING PROGRAMME (AS SEEN ON TV)

FRIDAY SEN CLASSES
7 - 13 YEARS
17:30pm - 18:20pm

BOOK YOUR FREE TRIAL NOW!

Programme Information

Our award winning **MIRIS** dance programme is specifically designed to support children aged 7 to 8 in developing confidence, coordination, listening skills, and self-esteem. Through fun, structured movement and music, children learn discipline, respect, and positive behaviour while building a strong foundation for learning and self-expression.

Our **JUNIOR** dance programme works hand in hand with a child's school life, providing many benefits both physically and mentally. Through focused and consistent training, students are taught the value of dedication, teamwork, and perseverance, learning that with effort and commitment, worthwhile goals are achievable.

Our **TRIPLE** dance programme is designed to support older children and teenagers in building confidence, discipline, and self-belief. Students develop creativity, focus, and resilience while learning how to express themselves positively, work as part of a team, and challenge themselves in a supportive environment.

WWW.MFDANCE.CO.UK

MONEY BACK GUARANTEE | STREET DANCE FOR EVERYONE

QUEEN'S

SATURDAY PROGRAMME

EXPERIENCE QUEEN'S

10AM-12PM
£15 PER SESSION
FOR YEAR 5

SUMMER TERM SESSIONS

25 APRIL: DESIGN AND BUILD A THEME PARK
Pupils will manage a budget and make big entrepreneurial decisions in this fast-paced, creative enterprise challenge. They will work in small teams to create their theme park before pitching to 'dragons'. Click [here](#) to book.

16 MAY: DEBATING
An exciting opportunity for pupils to master the art of public speaking and structured debating. This will build confidence to express ideas clearly and persuasively. Click [here](#) to book.

13 JUNE: FASHION UPCYCLING
Bring 3 items of old or unwanted clothes to transform them into a unique bag that reflects individuality. From cutting, sewing and image transfer, this session will be highly creative and lots of fun! Click [here](#) to book.

QUEEN'S COLLEGE, TRULL ROAD, TAUNTON

LATE CREATE SPRING

Art Happier Events


Unwind, create and connect...

Friday 17 April

6.15pm - 9pm
Trull Church Community Centre, TA3 7JZ
£37 - two workshops, drinks, homemade cake & all materials



www.arthopperevents.co.uk



April 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
FREE Decreasing Depression	23 April 7-8pm
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm



HAF HOLIDAY PROGRAMME

EASTER HOLIDAYS

Wellington School Somerset

Tuesday 7th - Friday 10th April 2026

9am - 1pm

AGES 5 - 12
INCLUDES A HOT LUNCH
MULTI-ACTIVITY HOLIDAY CAMP



EASTER CAMP

7TH - 17TH APRIL



NERF WARS | GLOW SPORTS | INFLATABLES | DODGEBALL | MULTI-SPORTS | ARTS & CRAFTS | AND MORE!

WELLINGTON SCHOOL, SOMERSET
8:15AM - 5:15PM
AGES 5 - 12

@sportystars_uk www.sportystars.co.uk 01932 584223



The Donkey Den Easter Holiday Club

For Children Aged 5 - 12 yrs

Day 1	Day 2	Cost
Thursday 16th April 2026 9.30am-3.30pm	Friday 17th April 2026 9.30am-3.30pm	£45 per day

Our Activities:

- ✓ Forest School
- ✓ Meet the Donkeys
- ✓ Den building
- ✓ Nature Arts & Crafts
- ✓ Stream walking
- ✓ Games
- ✓ Easter egg hunt!
- ✓ Campfire cooking
- ✓ And much more!

All staff are DBS checked. Safeguarding is our priority.

Email info@thedonkeyden.org to book your place!

www.thedonkeyden.org @thedonkeyden6 The Donkey Den

Kingston St Mary, Taunton



TAUNTON
SCHOOL
ENTERPRISES

ACTIVITY CAMPS
£50 PER DAY

FULL DAY
8AM - 6PM

LUNCH
INCLUDED

WWW.TAUNTONSCHOOLENTERPRISES.CO.UK



FREE online talk by

Jane Keyworth

FACE family Advice Lead Facilitator

Decreasing Depression

23rd April 7-8pm



Book online

www.facefamilyadvice.co.uk

Parents - Live Talks page