



# Trull C of E VA Primary School

Telephone Number: 01823 333239

Office email: [Office.Mailbox@TrullSchool.co.uk](mailto:Office.Mailbox@TrullSchool.co.uk)

## Ash Class News

Ash Class have had a super fun time investigating Materials this half term. We've identified them, explored them, tested them and been creative by printing with them. We even visited the church to do observational drawing of the beautifully carved wooden pews.

Drawing Club began, which is an early writing initiative, accessed through the joys of drawing. We have learnt about Chinese New Year and produced figurative drawings of Mr Vining.

We've hopped and jumped, made porridge and enjoyed traditional tales. We are always busy in Ash Class!



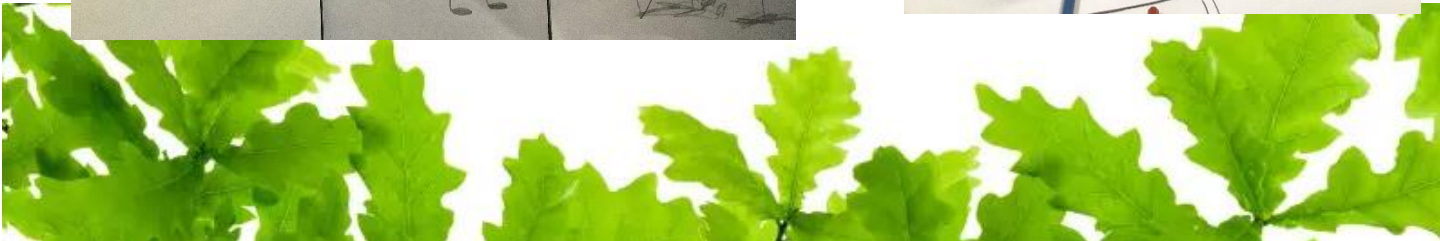
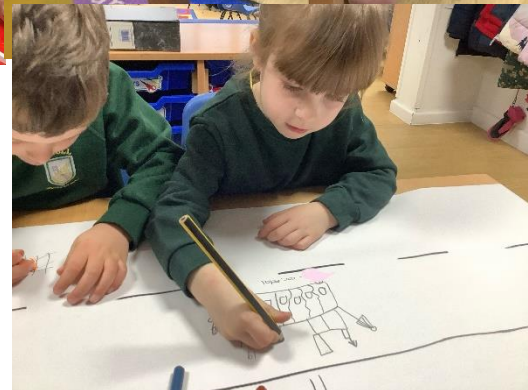
*I have come that they may have life,  
and have it to the full.  
John 10:10*



EAD Figurative Drawing - Ash Class Spr 1 - Whole school

EAD Figurative Drawing - Ash Class Spr 1 - Whole school

EAD Figurative Drawing - Ash Class Spr 1 - Whole school





## Forest School

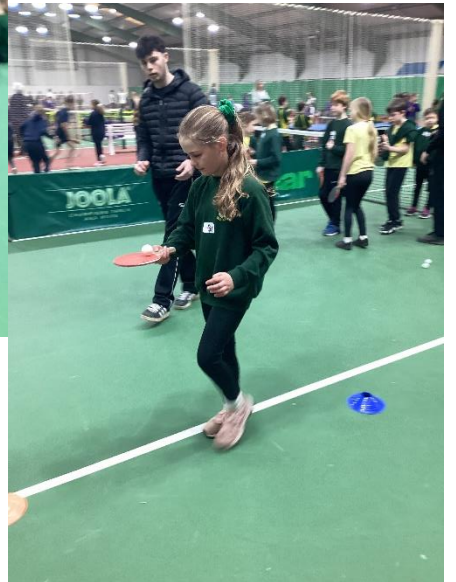
Forest School have been working towards getting the next 'Wild Challenge' award from the RSPB.

On Tuesday we went looking for signs of animals around Trull. We found lots of dog prints in the mud and bird poo too. There were also a few nests high up in the trees, with feathers on the ground.

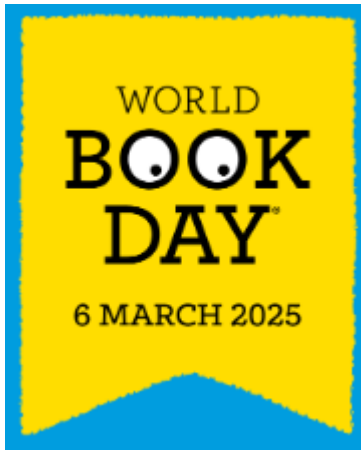
We had great fun playing pooh sticks and searching the stream too.



On Thursday, Rowan Class took part in a Net and Wall sports festival at Blackbrook Sports Centre organised by SASP. They enthusiastically took part in four different activities for each sport - table tennis, badminton, volley ball and tennis. Thank you to Mrs Gear, Mrs Matravers and Mrs Godfrey for helping on the trip. Rowan Class loved it!

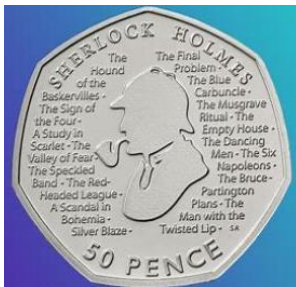


## World Book Day 2025



World Book Day is Thursday 6th of March. This year the theme is 'Read Your Own Way' and we will be doing book related activities on that day. One of these will be a DEAR day - Drop Everything And Read. All children will be invited to bring in a book from home or to choose from the books in school. At various points during the day, our Reading Ambassadors will go around the school, ringing the bell. This will be the signal for everyone to... drop everything and read!

World Book Day will also be our dressing up day. If your child wishes to dress as a character in full costume, or bring an accessory to give everyone a 'hint' of a character then this is the day to go for it! Another option is to come in pyjamas or a onesie to celebrate lovely bedtime snuggles with books.



This year, we are again inviting families to enter a competition. You may like to do this over half term. We are asking that you design a 50p coin. The 50p is often used to highlight books and authors. Some coins are in circulation whereas some are special ones you might order from The Royal Mint. You can create a coin to honour your favourite author or story. You might want to add a picture of who is the best character in the world for you... so far! These could be silver or could be decorated with all sorts of colours. Let your imagination roam free!



The £1 book token will be sent home during the week. There is a great selection of books available this year. We will also be having a Scholastic Book Fair in school. This will take place after school from 12<sup>th</sup> March until 14<sup>th</sup> March. The children will be able to use their tokens at the book fair for money off books as well as in other book shops. More details of the books available will be sent home nearer the date.

We are really looking forward to sharing our whole school love of reading together.





## 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.

## Parent Coffee Session

Trull CofE VA Primary School

Friday 28th February  
13:30 to 15:00



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](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp Wednesday

The National College

@wake\_up\_weds

/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: 28.01.2025

## Spring Term – Important Dates

### February

Mon 17th to Fri 21st  
Friday 28<sup>th</sup>

HALF TERM  
Bingo Night  
Partnerships for Inclusion of neurodiversity in School Parent Group – 1.30pm

### March

Tuesday 4<sup>th</sup> March  
Thursday 6th  
Wednesday 12<sup>th</sup> – Friday 14th  
Thursday 13<sup>th</sup>  
Wednesday 19th  
Friday 21st  
Friday 28th

Reception Vision screening  
World Book Day  
Scholastic Book Fair (after school)  
Y3 Trip to Cheddar (details to follow)  
Open the Book Assembly  
Ash Class Assembly  
Oak Class Assembly

### LUNCHTIME AWARD

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

**YEW CLASS!**

### April

Tuesday 1<sup>st</sup>  
Wednesday 2<sup>nd</sup>  
Friday 4<sup>th</sup>

Castle in the Community Concert rehearsal (details to follow)  
Castle in the Community Concert  
Easter Hat Parade  
TSF Uniform sale

### ATTENDANCE

The classes with the best attendance this week is:

**ASH AND BEECH CLASS!**

*Yesterday, we hosted a friendly dodgeball tournament. All of the dodgeball players had lots of fun! Our fantastic Trull team finished in joint 1<sup>st</sup> place with Parkfield School!*

### Clubs Spring 2

We still have spaces available in the following clubs for next half-term. Bookings can be made on Scopay.

Art Y1-2 Wednesdays  
Dodgeball Y5-6 Mondays  
Multisport Y3-4 Thursdays  
Netball Y5-6 Tuesdays  
Singing Club Y4-6 (current choir members only) Tuesdays



## An Evening with Owls



Friday 21st February  
7.30pm  
Trull Memorial Hall

Admission: Adults £10  
Children £3

*Light refreshments included*

*Sharandys Birds of Prey*  
Enjoy seeing these birds  
in flight and up close  
and personal!  
Photo opportunities

*Raising funds for Air Ambulance  
& Angersleigh church*



TRULL VILLAGE MEMORIAL HALL

# PANCAKES GALORE

*A selection of freshly cooked  
savoury and sweet pancakes  
prepared by*

**TRULL TRENDLES W.I.**

*(GF Available)*



**Come and join us for our**

**Annual Pancake Lunch on  
Shrove Tuesday**

**Tuesday 4<sup>th</sup> March 2025  
12 noon to 1.30pm**

## Guitar.me.uk



GUITAR LESSONS AVAILABLE YEAR 3 UPWARDS  
TUESDAY LESSONS IN SMALL GROUPS 1-3 PUPILS  
30 MINS AT SCHOOL IN THE AFTERNOONS  
ALL STYLES AND GRADES ARE COVERED

GUITAR HIRE £12 PER TERM  
GUITAR LESSONS £10 PER LESSON  
REDUCED RATE £8 PER LESSON  
FOR THOSE WITH FREE SCHOOL MEALS

ONLINE FILES AND TRACKS TO PLAY ALONG TO  
PLEASE CONTACT THE TUTOR COLIN AYRES

07837 254308

colin@guitar.me.uk

www.guitar.me.uk

JANUARY 2025

