



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.*

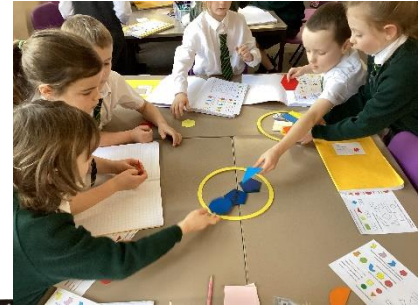
John 10:10

Maple Class News

Maple Class have had a busy and exciting time over the last few weeks. In English, we have been writing our own independent diary accounts of the Great Fire of London, imagining what it was like to witness such an important historical event. We have even acted some key events out to see how people would have really felt.

In Maths, we have been exploring geometry, learning lots of great vocabulary, and sorting 2D and 3D shapes with confidence. It's been wonderful to see everyone developing their mathematical reasoning skills.

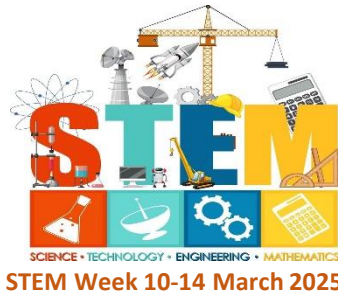
We have also been learning a very special song for our upcoming assembly next week and we are looking forward to performing it. We can't wait to share our wonderful learning with our families and showcase all of our hard work next Friday.





A huge thank you to Mrs Wong for helping us learn all about Chinese New Year!





At Trull School, we would like to celebrate and discover more about the importance of STEM subjects.

As part of our special STEM week, we need your help!

Is your career linked to the subjects of Science, Technology, Engineering or Maths? We think you could help us inspire the next generation of scientists, engineers, users of technology and maths.

If you work in any of these areas, also including building, food technology, electronics, medicine, finance, and you would be happy to talk about the importance of your learning in these areas, your pathway to your role and the job you do to a class (or two) of children at our school then we would love to hear from you. We will be putting together a timetable for the week, so if you could tell us which day, morning or afternoon, you would be available to talk to a class that would help us book a slot with you.

We look forward to hearing from you.



Year 5 Basketball Tournament Monday 27th January

The Year 5's had a fantastic time at a friendly basketball tournament on Monday. They started with some coaching which helped them to learn some basic basketball rules and to develop their skills. All three teams then played four games and had lots of fun using their basketball skills! 😊

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 HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 15-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a decreasing number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, locations, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits to the point where it has negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin taking things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

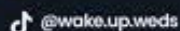
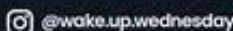
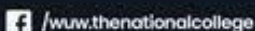
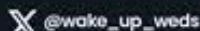
As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

Spring Term – Important Dates

February

Tuesday 4th

Wednesday 5th

Friday 7th

Wednesday 12th

Friday 14th

Mon 17th to Fri 21st

Friday 28th

Parents Evening (book via Scopay)

Parents Evening (book via Scopay)

Maple Class Assembly

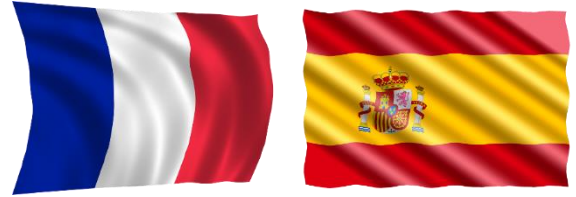
Disco (book via Scopay)

Open the Book Assembly

Elm Class Assembly

HALF TERM

Bingo Night



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

March

Thursday 6th

Wednesday 19th

Friday 21st

Friday 28th

World Book Day

Open the Book Assembly

Ash Class Assembly

Oak Class Assembly

ATTENDANCE

The class with the best attendance this week is:

OAK CLASS

Parents Evening Tuesday 4th Feb and Wednesday 5th Feb

Bookings are now open on Scopay. Any questions, or if you are unable to attend, please contact your class teacher directly.



TRULL SCHOOL FUNDRAISERS

BINGO NIGHT

Friday 28th February

Doors open 7pm

Come and join us for a night of bingo and help us raise funds for our new non-fiction books for the children

£10 PER PERSON	TRULL SCHOOL	PROSECCO BAR	PRIZES FROM LOCAL BUSINESSES
IN ADVANCE FROM SCHOOL OR PAYPAL:	TA3 7JZ	CASH ONLY	



ADULTS ONLY

TRULL SCHOOL FUNDRAISERS

2025 SPRING

DISCO

FRIDAY 7TH FEBRUARY

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 Spring disco is £3.00 per child and includes a drink and small snack. Please pay the entrance fee via SCOPAY by 6pm Thursday 6th 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 please wait by the main hall door to collect your child. The children will be grouped by class for you to collect. If parents can group together by class where possible, that would also help. Please ensure you inform the member of staff in charge of each class that you are taking your child.

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.

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




FEBRUARY HALF-TERM FOOTBALL CAMP

The Geoff Hewitt Pavillion, Taunton, Trull, TA3 7J2

School Years 2 - 6

17 - 21 Feb 25

£15 a Day

0900-1500

£60 for week

Email: admin@TauntonTalent.co.uk
Phone: 07515994252



TAUNTON BIKE CLUB



GO-RIDE CLUBMARK CLUB

Our cycle club is for children aged 4-18 years and is affiliated to the British Cycling GoRide programme. Our activities have been awarded Clubmark status

In 2025 we are hoping to welcome more riders of primary school age.



This photo was taken shortly after our club started in 2010. Since then we have had a wide variety of fun activities organised by our volunteer coaches.

Venues we use include Silk Mills park and ride, local parks, the Quantocks and Blackdown Hills.

Our newest venue is at Orchard Grove Primary School where we will hold 5 events on Wednesday evenings from 6-7pm on 29 Jan, 12 Feb, 26 Feb, 12 Mar and 26 Mar 2025



The well lit car park at the school allows mid week activities to be held in the winter months.

First session is free and then sessions cost £2.50. Membership costs £6/year

MTB + CYCLOCROSS



SILK MILLS skills



LONGRUN MEADOW



QUANTOCKS



Website: <https://tauntonbikeclub.tidyhq.com>

Club coaches

jonathan.tauntonbikeclub@mail.tidyhq.com

mike.tauntonbikeclub@mail.tidyhq.com

bryn.tauntonbikeclub@mail.tidyhq.com

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