



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*

Oak Class news

Oak class became skilled designers when they worked on their projects about linked levers. They learned about fixed pivots and moving pivots and how these worked together to create different types of movement.

Their challenge was to design an illustration for the poem, The Owl and the Pussy Cat which had at least one moving part.

They showed excellent resilience and team work skills and came up with some fantastic moving designs.



Forest Church

This week in Forest Church, we sat together in a den with a lantern and shared John 8:12 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.' We discussed the meaning of Jesus being the light and had some lovely thoughts and ideas. We sang 'This Little Light of Mine' and then we used nature to create our world and held them up to the light to see the sun shine through.

Here is a little prayer from Forest Church

"Dear Jesus, thank you for being the light of the world. Help us to shine your light by being kind, helpful, and loving to others. Amen."



STEM Week 10-14 March 2025

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.

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

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, its 'For You' collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public 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 enables anyone to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 137 minutes per day on the app, that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control 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 can't alter these settings without parental approval.

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 that they don't share any identifying personal information, 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 also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

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.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

#WakeUpWednesday The National College

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SEND Local Offer

If you would like to find out more about training events, activities for families with children with SEND or any other information relating to the local offer, please follow this link:
<https://www.somerset.gov.uk/children-families-and-education/the-local-offer/>

Event – Child Exploitation session for parents

Follow this link for more information:
<https://safeguardingsomerset.event-booking.org.uk/event-detail/%3DgDOYkiM/Child-Exploitation-FREE-Session-for-Parents>

Young Carers

Who are young carers?

A young carer is a person under 18 who looks after someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

The NHS describes a young carer as someone who may look after one of their parents or care for a brother or sister. They may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.

They may also give a lot of physical help to a parent, brother or sister who's disabled or ill. Along with doing things to help siblings, they may be giving their brother or sister and their parents emotional support, too.

As many as one in five pupils in the UK could be a young carer. Yet 71% of schools are unaware they have any young carers attending their school.

Often these children are caring for relatives without their teachers' knowledge, slipping through the net, undetected by support services. The caring role they carry out means they have unique experiences and demands that impact on their capacity to enjoy and achieve at school.

What are the potential impacts of caring on pupil attainment, achievement and wellbeing?

Research shows that:

- Young carers have significantly lower educational attainment at GCSE level – the difference between nine Cs and nine Ds (The Children's Society, 2013).
- 42% of young carers or young adult carers 'always' or 'usually' feel stressed (Carers Trust, 2022).
- 27% of young carers say that they struggle to balance caring with school or college work (Carers Trust, 2022).
- 52% said they do 'not often' or 'never' get help from school or college to balance their work (Carers Trust, 2022).
- 34% of young carers say their school or college 'always' or 'usually' understands about them being a young carer – this means around two-thirds of young carers are spending their days in environments where they don't feel fully understood (Carers Trust, 2022).
- 40% said they 'never' or do 'not often' have someone at school to talk to about being a young carer or young adult carer (Carers Trust, 2022).

Why is it important to speak to schools if you think your child might be a young carer?

If schools are able to provide support, resources and access to charities such as 'Young Carers in Schools', evidence has shown a hugely positive impact on wellbeing, confidence and attainment:

- 83% of young carers demonstrated an increase in confidence.
- 85% of young carers demonstrated increased wellbeing.
- 63% reported improvements in young carers' achievements.
- 73% of schools reported young carers' classroom engagement had improved.
- 94% of schools said staff were more likely to know what to do if they identified a young carer.
- 94% had a better understanding of the support required for young carers.

We are working hard to identify and support young carers within our setting. If you feel you would like to discuss this with a member of staff, please feel free to get in touch. If you would like more information on this subject, I would recommend visiting either <https://youngcarersinschools.com> or <https://youth-unlimited.co.uk/ycis-award/>

Calling all Parents & Carers!

The Mental Health Support Team is excited to launch their new series of parent/carer webinars for Spring 2025!

The Mental Health Support Teams in Somerset are a partnership between Young Somerset and Somerset CAMHS (Child and Adolescent Mental Health Services). The MHST work in educational settings across the county, supporting children and young people aged 5-16 with their mental health and wellbeing.

The webinar topics are as follows:

- Supporting your neurodivergent child
- Supporting exam and test wellbeing
- Helping your child to thrive: Boosting self-esteem & resilience
- Understanding and supporting anxiety and low mood
- Supporting your child's big feelings

Parents and carers can register for the webinars via the link at <https://bit.ly/mhstwebinarsspring2025>



The poster features a colorful header with the text 'Family service' in a blue, rounded font. Above the text is a row of diverse, smiling stick figures. To the right of the text are three circular images: a child reading a book, two puppets, and a group of people performing on a stage. The main text is centered and reads: 'Sunday 9th February Starting at 10:15am with refreshments in the Trull Church Community Centre'. Below this, it says '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.' A QR code is located in the bottom right corner, with the text 'Scan the QR code for more information' below it. A small logo of a cross with rays is on the left side.

Family service

Sunday 9th February
Starting at 10:15am with refreshments
in the
Trull Church Community Centre

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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

Spring Term – Important Dates

February

Tuesday 4th	Parents Evening (book via Scopay)
Wednesday 5th	Parents Evening (book via Scopay)
Friday 7th	Maple Class Assembly
	Disco (book via Scopay)
Wednesday 12th	Open the Book Assembly
Friday 14th	Elm Class Assembly
Mon 17th to Fri 21st	HALF TERM
Friday 28 th	Bingo Night

March

Thursday 6th	World Book Day
Wednesday 19th	Open the Book Assembly
Friday 21st	Ash Class Assembly
Friday 28th	Oak Class Assembly

Friday, 31st January

Please note that there will be a funeral taking place at Trull Church next Friday starting at 2.00pm with the wake being held locally afterwards. Please expect the car park to be busy and consider parking elsewhere if you need to drive to school.

LUNCHTIME AWARD

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

YEW CLASS

ATTENDANCE

The class with the best attendance this week is:

MAPLE 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.

TRULL MEMORIAL HALL

60th Anniversary Party

29th March 2025
6pm

FREE ENTRY

MUSIC, DANCING & BAR (CARD & CASH)
RAFFLE

Fancy dress encouraged from 1960s, or following eras!



MULTI-SPORT ACTIVITY CAMP




FEBRUARY HALF TERM
Monday 17th February 2025
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 24 children per day, minimum of 15 for club to run.



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

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