



# Trull C of E VA Primary School

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## Happy New Year from Yew Class!

We would like to show you some of the things we have been working on. Before Christmas we finished and then tested our own kites - all the pictures are on our web page. We learnt about framed structures in DT and used this information to help make our kites as strong as possible, some of us tried very adventurous shapes.

We have also been working with Mr Adams (a music teacher at Castle) who comes in every Wednesday. He has taught us about the blues scale and we are mastering the ukulele.

This week we have started work around the Victorians - we did this in year 5 as well and are adding to our knowledge thinking about the explorers of the time. It also ties in with our summer performance which we are starting to look at (Oliver with a Twist) which we are very excited about.

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



All 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, links and tips, please visit [thenationalcollege.com](https://thenationalcollege.com).

## 10 Top Tips for Parents and Educators

# SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

- 1 START SMALL AND EARLY**  
Begin reintroducing elements of the school routine as early as they can. Start by going to bed gradually earlier, wake-up times and mealtimes to be closer to the school day rhythms. Small changes can make a big difference to avoiding that initial panic and helping children to re-adjust smoothly.
- 2 REVISIT THE SCHEDULE**  
Involve your child in mapping out their daily routine for the school term. Discuss what they may change. Visual tools like charts or calendars can help bring to light details that may be more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.
- 3 CREATE A SLEEP PLAN**  
Sleep can present one of the biggest challenges as children get back into their school routine. Plan to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A regular sleep schedule improves focus, mood and overall wellbeing, making mornings much smoother.
- 4 ENCOURAGE FRIENDSHIPS**  
Help your child to reconnect with school friends by engaging in group activities. Encourage them to visit friends or invite them over. Re-establishing social connections can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.
- 5 GRANT RESPONSIBILITY**  
Give children control over some aspects of the morning routine. Encourage them to take charge of waking up earlier, setting breakfast or choosing the outfit for the day. This helps them to feel more in control and gives them a sense of ownership over their morning schedule. Encourage them to take on one more responsibility, like making their bed or setting the table, to help them feel more in control of their morning routine.
- 6 FOCUS ON NUTRITION**  
Make sure children are receiving balanced meals (with regular healthy snacks) to boost energy and concentration, putting them in the best possible place to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.
- 7 COMMUNICATE OPENLY**  
Talk with your child about how they're feeling about returning to school. Whether they're excited, unsure or a mix of both, validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.
- 8 RECONNECT WITH LEARNING**  
Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or exploring an interesting topic can gently reawaken their mind and prime them to learn, which can have helpful impacts on their academic performance.
- 9 PREP TOGETHER**  
Turn preparation into a shared activity, so however the responsibilities are divided, provide support where needed. Pack school bags, lay out uniforms and plan lunch for the next day. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.
- 10 BE PATIENT AND FLEXIBLE**  
Transitions take time, and every child adjusts differently. It's important to stay calm and supportive, especially if they're reacting negatively to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert  
Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.

#WakeUpWednesday The National College

source: see full reference on guide page at: <https://thenationalcollege.com/guides/supporting-children-to-return-to-routine/>

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## 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 (PINIS) 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.

Trull CofE VA Primary School  
Tuesday 21st January  
9:00 to 10:30



## OPEN THE BOOK ASSEMBLIES

Once a month we are joined by some members of Trull Church who come in and act out a story from the bible. These take place in the School Hall and run from 8.55am until 9.20am. If you are able, we would like to invite parents to come in and share this time with us. We are not operating a booking system this year, but the maximum no. of parents we can accommodate will be around 20.

The dates we have so far for these are:

- Wednesday 15<sup>th</sup> January
- Wednesday 12<sup>th</sup> February
- Wednesday 19<sup>th</sup> March



## Spring Term – Important Dates

### January

Monday 13<sup>th</sup>

TSF Committee Meeting – 7pm Winchester Arms

Wednesday 15<sup>th</sup>

Open the Book Assembly

### February

Tuesday 4<sup>th</sup>

Parents Evening

Wednesday 5<sup>th</sup>

Parents Evening

Friday 7<sup>th</sup>

Maple Class Assembly

Disco (further details to follow)

Wednesday 12<sup>th</sup>

Open the Book Assembly

Friday 14<sup>th</sup>

Elm Class Assembly

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

HALF TERM

### March

Thursday 6<sup>th</sup>

World Book Day

Wednesday 19<sup>th</sup>

Open the Book Assembly

Friday 21<sup>st</sup>

Ash Class Assembly

Friday 28<sup>th</sup>

Oak Class Assembly

## Staff Vacancies

We are looking to appoint the following roles for maternity cover starting w/c 24<sup>th</sup> February 2025 until the end of December 2025:

**Teaching Assistant incorporating  
Lunchtime Supervisor role**

**Late Club Supervisor**

For more information, please visit our website:  
<https://www.trullprimary.com/staff-vacancies/>

### LUNCHTIME AWARD

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

**ASH CLASS**

### ATTENDANCE

The class with the best attendance this week is:

**YEW CLASS**

## Wise up workshops

Workshops include 'Sleep Challenges in Children' and 'Autism and Eating Difficulties'.

<https://somesetparentcarerforum.org.uk/home/wise-up-workshops/>

# TSF

**Please join us at our next Committee Meeting**

**Monday 13<sup>th</sup> January 2025**

**7.30pm at the Winchester Arms**



# MULTI-SPORT ACTIVITY CAMP



**FEBRUARY HALF TERM**  
Monday 17<sup>th</sup> February 2025

**08:30 – 16:00**

**£25 per day**

Trull C of E VA Primary School  
**Head Coach: Mrs. Mitchell**  
**Assistant Coach: Mrs. Andrews**

\* max 24 children per day, minimum of 15 for club to run.

OPEN TO CURRENT  
YEAR 3 - YEAR 6  
CHILDREN



**Family service**

**Sunday 12th January**  
**Starting at 10:15am with refreshments**  
**in the**  
**Trull Church Community Centre**

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.

Scan the QR code for more information



**-TIGERS CUBS RESTARTING-**

**SATURDAY**  
4TH JANUARY  
AT RICHARD HUISH

**BABY CUBS**  
AGED 3-6  
TIME 10:30-11:15AM

**TIGERS CUBS**  
AGED 6-9  
TIME 11:15-12:15PM

**TIGERS CUBS**  
AGED 9-12  
TIME 12:15-1:15PM

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SOMERSET NETBALL

**NETBALL YOUTH CAMP**

THURS 20TH FEB 2025  
10AM TO 3PM

Taunton Vale, Gipsy Lane  
Taunton TA2 6LL

8-11 year olds  
12-14 year olds

Cost - £25 per player  
(sibling discount available)

Book a place today using the link  
[Johanna.templeman@englandnetball.co.uk](mailto:Johanna.templeman@englandnetball.co.uk)



**Merge Dance Academy**

Sugarplum Ballet  
Ages 4-6 years

Tuesdays  
5.45-6.30

MAD Hub, Taunton

Contact:  
[mergedancecompany.org@gmail.com](mailto:mergedancecompany.org@gmail.com)

