



Trull C of E VA Primary School

Telephone Number: 01823 333239

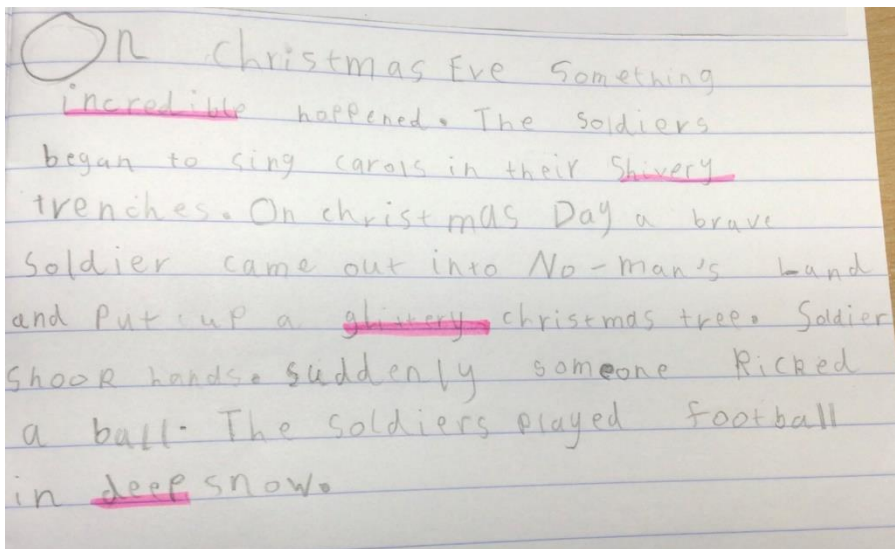
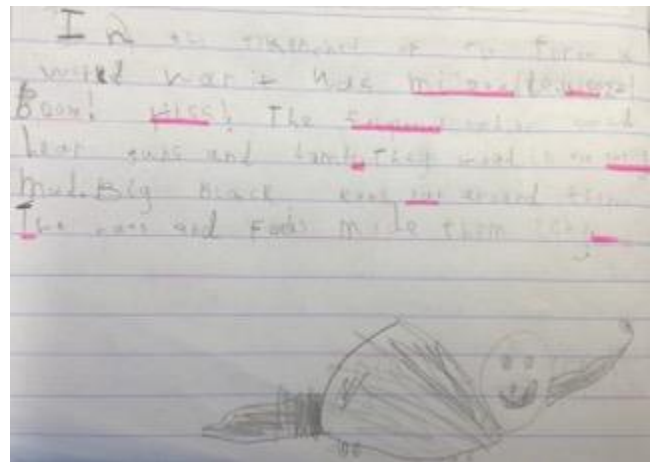
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Beech Class news

In Beech Class, we have been thinking about Remembrance and why we wear a poppy. We have done some beautiful artwork and in English we have been writing about the Christmas Truce during the First World War.

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

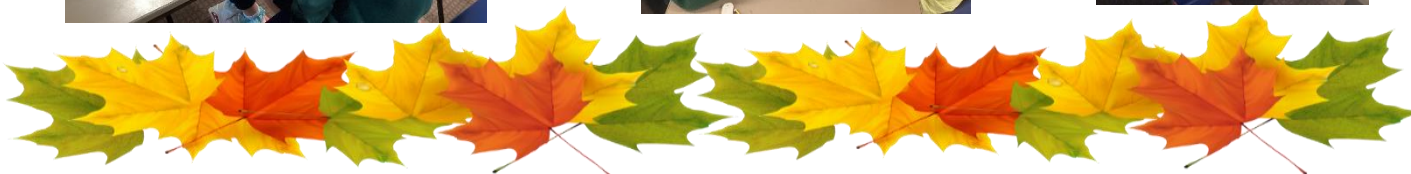


At the end of the Summer Term the children who were then in Ash Class took part in the Young Artists' Me and My Family drawing competition. All our entries are in the published book, however Mara won as overall winner. Her picture is now published on the front cover of every book - Well Done Mara!

Here she is with her Art Goodie Bag prize



We had a successful first round of our Year 5&6 chess tournament on Tuesday!





Forest Church this week



Dear Parents/Carers,

We are delighted to be able to offer our second Parent Workshop event!

On Thursday 21st November, you are warmly invited to join us for one or more of the workshops below.

Booking is now live on Scopay where you can book the sessions you would like to attend.

We have listened to your feedback and have selected the following workshops:

Anxiety Workshop

Due to the popularity of this workshop last year, we will run it again but with updates! Anxiety is a completely normal emotion to feel, and can be a useful feeling in some circumstances. However, for some people, it becomes a bigger part of their daily life than it could or should be and this can become overwhelming, manifesting itself in different ways. This workshop will provide information about what anxiety is, what happens in the body when we feel anxious and strategies to manage anxious feelings when they become overwhelming - including some ideas of what parents could do to help their children. It will cover some specific types of anxiety if relevant to those attending and provide information/signposting to helpful resources and organisations. **We can also discuss anxiety in relation to the Year 6 SATs.**

This workshop will use information given in the emotion coaching/emotional regulation workshop. If you have not come across this before, please attend the Emotion Coaching workshop prior to this one to find out!

Emotion Coaching

Mindful Emotion Coaching - all emotions are ok!

Noticing our emotions and being able to manage the way we respond to stress are crucial skills that we all need, but especially young people.

Emotion coaching helps develop ways of holding different conversations that enable emotional awareness and self-regulation. It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective behavioural strategies.

In this short introduction, we will look at the five steps to coaching our children emotionally. These steps can support and instil the tools that will aid our children's ability to self-regulate their emotions, frustrations and behaviour and give more confidence to parents to de-escalate situations when behaviour is challenging. This strategy can create opportunities for longer-term solutions to children's well-being and resilience.

Online Safety

Keeping children safe online isn't about stopping them from using technology but it is about building more resilient children who are well prepared for the online world. It can be daunting to know where to start when trying to prepare young children to stay safe online. This workshop will provide information about how to support your children using the TEAM approach: **Talk** about staying safe online, **Explore** their online world together, **Agree** rules about what's ok and what's not, **Manage** your family's settings and controls. It will also provide helpful resources and will signpost useful websites for parents to use at home.

Phone Safety

Due to the increase in the numbers of children owning, using or accessing smart phones, we will be running a workshop around this.

We will look at some facts and figures and discuss how phones can be used positively as well as some of the associated risks and challenges. We will also talk about parental controls and how to make sure these are in place for your child's phone, if they have one - and other options e.g. dumbphones. Lastly, we will look at parental controls and share some information about how you can make sure that these are in place for your child's phone.

Many thanks,

The Pastoral Team

To celebrate Children in Need and Values Week our assembly this morning was organised by our well-being leads. They talked about Zen Den, which starts next week, and their new Reading Den Club! At break and lunch the team gave out house points to children for showing kindness. One member of the Wellbeing Team managed to give out 10 points!





The poster features a dark blue background with two yellow stars in the top corners. At the top, the text 'MULTI-SPORT' is in blue and orange, and 'ACTIVITY CAMP' is in blue and orange. Below this is a row of sports equipment: a basketball, a yellow ball, a soccer ball, a baseball, a tennis ball, and a football. In the center is a large white circle containing a red circle with a silhouette of a person and the text 'MAD DODGE'. Surrounding the central circle are various sports icons: a baseball bat and ball, a soccer ball, a basketball hoop with a ball, and cricket stumps with a ball. A green starburst contains the text 'Christmas games and prizes!'. A blue starburst contains the text 'OPEN TO CURRENT YEAR 3 - YEAR 6 CHILDREN'. At the bottom left, there is text about the date, time, and cost of the camp, along with the school name and coaches. A small note at the bottom left specifies the maximum and minimum number of children per day.

MULTI-SPORT ACTIVITY CAMP

CHRISTMAS HOLIDAY
Monday 23rd December 2024
08:30 – 16:00
£25 per day

Trull C of EVA Primary School
Head Coach: Mrs. Mitchell
Assistant Coach: Mrs. Andrews

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

Christmas games and prizes!

OPEN TO CURRENT
YEAR 3 - YEAR 6
CHILDREN

Please return booking forms to the school office

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.

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each another.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page at:



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024

Autumn Term – Important dates

November 2024

Wednesday 20 th	Open the Book Assembly – Parents are welcome to attend
Thursday 21 st	Parent Workshops 4.30pm – 6.30pm – please book via Scopay
Friday 29 th	Non- School Uniform Day – bring a bottle for the Christmas Fair TSF Christmas Fair 3.00pm Y5 & Y6 to Queens College – Harry Potter & the Cursed Child

December 2024

Thursday 5 th	EYFS Nativity 2.00pm – 3 seats per family, please book via the school office
Friday 6 th	Choir performing at Taunton Minster
Tuesday 10 th	KS1 Nativity 2.00pm
Wednesday 11 th	KS1 Nativity 2.00pm
Thursday 12 th	KS1 Nativity 9.30am
	} 3 seats per family, which can be spread across all 3 performances. Please book your seats via the school office.
Friday 13 th	Christmas Jumper Day
Tuesday 17 th	Christingle Service in Church (school only)
Wednesday 18 th	Open the Book Assembly – Parents are welcome to attend
Thursday 19 th	KS2 Carol Service Y3 & Y4 parents 9.30am Y5 & Y6 parents 2.00pm
Friday 20 th	Christmas Dinner School Closes at 1.45pm

LUNCHTIME AWARD

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

Beech Class



ATTENDANCE

The classes with the best attendance this week are:

Ash and Elm!

Clubs Autumn Term 2

The following clubs still have spaces available this half-term (bookings can be made on Scopay):

- Dance Club Y5-6 Thursdays
- Multiskills Y1-2 Thursdays
- Multisport Y3-4 Tuesdays
- Netball Y5-6 Mondays
- Singing Club Y4-6 (Choir members only) Tuesdays
- Zen Club (after school) Y1-6 Thursdays

Please note, we have opened up Thursdays Multiskills for Year 1. Currently for this term only.

All proceeds go to Trull School



TRULL MEMORIAL HALL

CHRISTMAS CRAFT FAYRE

SATURDAY NOVEMBER 16th

10-2.30pm

What will my child learn at weekly training?

Every week is different with children developing their technical ability, speed / movement / agility, fitness, game understanding as well as character and desire. We ensure that each player is being adequately challenged and continues to learn new football fundamentals throughout the year.



Schedule

Kings College, South Road

Monday 6-7pm	4-7 year olds
Monday 6-7pm	8-12 year olds
Friday 6-7pm.	4-7 year olds
Friday 6-7pm.	8-12 year olds



Can all players come to weekly training?

Players of all abilities are welcome at We Make Footballers from ages 4-12. Our fun, engaging and challenging syllabus often provides children with their first introduction to football. Our coaching team will ensure that your child is developing at each session both technically and socially.

Please contact the team on

✉ taunton@wemakefootballers.com

☎ 07949695362

📷 [wmftaunton](#)

📌 We Make Footballers taunton



THE UK'S #1 FOOTBALL COACHING ACADEMY FOR 4-12 YEAR OLDS IN 📍 TAUNTON



OFFERING PROVEN PROFESSIONAL COACHING FOR BOYS AND GIRLS
WE AIM TO MAKE ANY CHILD OF ANY ABILITY BECOME THE BEST THEY CAN BE



The weather won't stop us



Suitable for children of all abilities



Sign up for a block not the whole year

Book your free introductory session today

Cost: £80 package of 10 sessions



Scan QR code to book your free session and for more information



WE MAKE FOOTBALLERS
TAUNTON

Festive Performing Arts Workshop Taunton



STAGE COACH

Sat 21st Dec 2024
5-18 Year olds

www.stagecoach.co.uk/taunton