



Frome Valley First School News Weekly



Star of the Week

Congratulations to the following children who are the:

'Stars of the Week'

Year 1: Arthor L
Year 2: Tobias G
Year 3: Harry
Year 4: Hector



Helpers Urgently Required!!

With COVID restrictions now lifted, we are once again looking for helpers in school!! We are asking for any parents, grandparents, relatives or local villagers to come and spend a morning or afternoon in school each week. We especially need help with listening to the children read. Reception and Year 1 also often need help in their classrooms as well. If you are listening to children read, it's a lovely time where you read together outside the classroom. You then write a brief note in the child's reading record and in the teacher's reading record. It's as simple as that! Children love reading to an individual but we cannot do this without your help. So, if you can offer a regular morning or afternoon and would like to volunteer, please speak to Jane or Sian in the office or email the school office.. All helpers will be required to be DBS checked.

Open Morning Monday 18th October 9 – 11.30am

We will be holding an open morning on **Monday 18th October from 9 – 11.30am** for prospective parents to look around school and to meet our Headteacher. Do please come along to view the school. You can drop in at any point. Appointments are not required.

Safeguarding and Child Protection

The School is committed to safeguarding and promoting the welfare of children and young people. We have a Safeguarding Policy that can be accessed on the school's website for your information. The designated safeguarding lead (DSL) for Child Protection is **Ms Julie Thorp** and the Deputy DSL is **Mrs Judith Essex**. If you have any worries or concerns then please speak to one of these members of staff. Thank you.

Healthy Lunches

We have had quite a few questions from parents regarding healthy lunchboxes. As a healthy school, sweets and chocolate bars are not allowed in children's packed lunches. As a basic rule, if an item is found in the confectionary aisle in the supermarket, please do not include it in your child's lunchbox. This includes items such as Mars Bars, Haribo, or other supermarket branded equivalent items. Thank you for your support.



Football Charter

Each year, we ask all children that wish to play football at break or lunch time to read and sign a football charter. The Frome Valley Football Charter reminds children of the need to be kind and fair when playing football. It also reminds children that there are consequences if they do not follow the Football Charter rules. You child will bring home the signed Football Charter and we encourage you to talk to you child about this.

Trauma Informed Schools Parent Information Evening

As some of you may be aware, we are a Trauma Informed School and Ms Julie Thorp (Headteacher), Miss Sophie Padfield (Reception Teacher) and Miss Gemma Florance (Preschool Manager) are all trained practitioners. This focuses on how schools can support children that have suffered trauma as well as children that are finding school difficult and need support with their behaviour or emotions.

We are offering two parent information evenings on this subject. **These sessions will be useful for all parents. They will give you more insight into how to support your child's emotions, how to deescalate emotional outbursts and also give you more information on the effect of trauma on children.** Trauma includes abuse, parents separating or divorcing, domestic violence and bereavement.

We will also look at the importance of attachment and secure attachments in children and what happens when children become anxiously attached or adversely attached.

Please do come along and find out more. There will be some science as well as some practical tips to support you at home. You will also find out how the school can support your child too.

Thursday 7th October (6-7.30pm): focusing on: the brain (including positive and negative chemicals in the brain); trauma in children (including ACES); attachments in children and support to deescalate behaviour.

Thursday 25th November (6-7.30pm): focusing on anxiety in children and anger in children. It will also look at bereavement.

Please attend the 1st session if you are going to attend the 2nd session as there will be a lot of information from the 1st session required for the 2nd session.

DASP Skylarks choir is starting!

Our junior choir, especially for children in years 2-4, is starting up again after a long break (due to COVID). This year, it is going to be based at the Prince of Wales school. Sessions will be on a **Thursday 3.45 – 4.30pm** (it is open to children from across all the schools in the area). The group sing songs in a variety of styles, often in harmony. This is a great first step to getting involved in music outside of the normal school day. The choir often performs at our DASP concerts, including our large-scale concert at the Weymouth Pavilion in the summer!

There is a small charge for the group of £35 per term.

If you are interested in your child taking part, please complete this online application form asap. Your child is welcome to try a session before committing.

<http://www.daspmusic.co.uk/apply-for-a-dasp-ensemble.html>

The first session of the term will be on Thursday 23rd September.

If you need any other information, please contact Hanna Trevorrow (Head of DASP Music) at htrevorrow@thomas-hardye.net

Back to school - tips for parents and carers

The BBC Parents' Toolkit offers advice to help children adjust to the new school year, with practical tips and support around resilience, mental health and starting a new school.

For example, we all know that sleep is very important for children's mental health and wellbeing, as well as their development. Getting children into good sleeping habits can often be a challenge especially when they might have enjoyed a more relaxed bedtime schedule over the summer.

Follow this link for some **tips** helping children build healthy sleep routines to ensure they are well-rested and school-ready.

School Shoes

We would like to remind parents that children need to wear black shoes, as school uniform. Trainers are not allowed. Thank you.

How was your day?

After a day in school, it can sometimes be tough getting children to open up and share how they're feeling. We have attached with news weekly some conversation starters that have been produced by Big Life Journal.

Nut Free School Lunches and Snacks

A reminder to everyone that we are a nut free school. Please ensure that all lunches, snacks and drinks do not contain nuts. Thank you for your help

