

The Redstart Primary School



Thursday 28th March 2024

A message from Mrs Collins

And that's a wrap for the Spring Term! It's been another busy one at Redstart as we've been getting more familiar with our new Trust, the Cabot Learning Federation, whilst at the same time continuing to provide a fantastic, memorable and learning-filled experience for your children. I feel so lucky that I get to lead such a great school where every member of staff truly cares and works so hard to ensure the children are happy, safe and making great progress.

Recently we completed assessments which are showing that children are learning really successfully here, and we are able to continue comparing ourselves favourably within a national context. I hope that you were able to see these successes in your child's mid-year report and for those of you who met your child's teacher, you had a chance to gain more information about how your child is doing in school.

Alongside the usual teaching of core subjects, we have also had a fun-filled last few weeks with lots of opportunities for the children. We are gently integrating ourselves into the way of life with the CLF and to that end, two of our Year 5 children travelled to Taunton to take part in the Big Bake, reminiscent of British Bake-Off where they competed against other CLF Somerset schools. We didn't make the final this year but will work on our baking skills for next year. In addition, we have taken lots of children to cross-country at Holyrood where they have impressed others with both their running skills and their impeccable behaviour. We also had a visit from an Olympian who led the children in fitness drills, we've been entertained by our guitar-playing pupils, Year 6 have watched the Holyrood production of Shrek, Y5 have visited the Fleet Air Arm Museum and, of course, the whole school have been entertained by the teaching staff in the infamous Book Week Play. It has truly been a joy-filled term.

We are saying a sad goodbye to two members of our staff - Natalie Phillips who has worked fabulously as the finance admin for Nursery since 2018 and Emma Hodder who has been with us for a relatively short time and has been a wonderful support in the lunchtime team as well as supporting some children with their learning. Both are going on to new jobs, still working with children, where I am certain they will continue to impress. They will both be missed.

After Easter, we will be welcoming a new member of staff: Mrs Norman will be starting as our new SENCO which is really welcome news. I know that some families will be anxious to get a meeting in the diary with her which she will be delighted to manage but obviously bear with us whilst we get her on onboard.

Value: Purpose

Quote: "It does not matter how slowly you go, as long as you do not stop". Confucius

The Photo of the Week



This school is part of the The Redstart Learning Partnership, a Multi Academy Trust of primary schools in Somerset.

Dates for your Diary

- 16th April-Summer Term Starts
- 18th April-YR4 Swimming (12 Sessions)
- 19th April-YR4 Cake Sale
- 23rd April-St Georges Promo Meal
- 30th April-Piano Assembly
- 3rd May-YR5 Cake Sale
- 13th May-Y6 Sats
- 22nd May-YR5 & YR6 Police visit
- 24th May-Non-Uniform
- 12th June- YR3 Escot Trip
- 14th June-Charles Sugden Workshop
- 19th June-YR 2 Lyme Regis Trip
- 22nd June FoRS Summer Fayre

Redstart Primary School, Redstart Road, Chard,
Somerset, TA20 1SD
01460 67457

redstart@redstartpartnership.co.uk
www.theredstartprimaryschool.co.uk

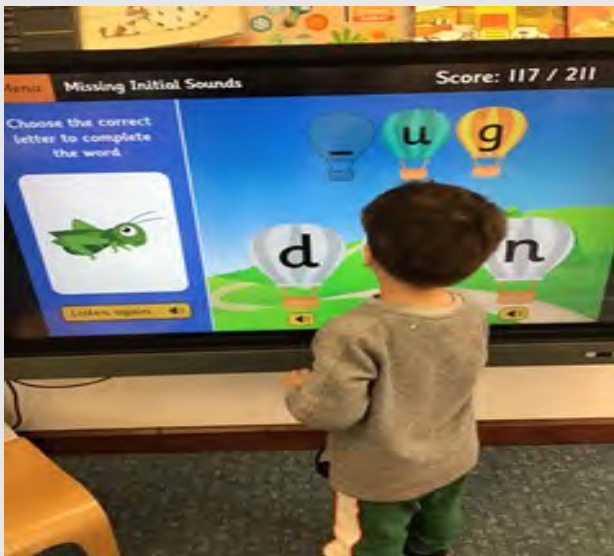
Nursery

The nursery children have really enjoyed the topic 'on the farm' they have engaged well with the core books 'The three Billy Goat gruff', 'The little red hen', 'Rosie walk' and other supporting texts. We have observed and supported the children in lots of conversations about farm animals in small world play and they have engaged in all tactile experiences. The children are now using the correct language when identifying and describing various farm animals. We have provided lots of opportunities for tasting various foods and they have been fascinated by the various vegetables, breads and products which are produced from the farm.

The Little Red hen story has given the children the opportunities for further number recognition and counting set amounts. They have enjoyed listening to and following simple counting experiences. The Pre-reception children have started our read-write inc nursery phonics and are showing a real interest in phonic sounds and writing those sounds.

All the children have been making their Easter eggs cards as they are getting ready for the Easter holidays celebrations learning about new life and spring. The Easter bunny is also coming to nursery and we will be having an Easter egg hunt on the nursery grounds.

We wish all our family a happy holiday.



Reception

It's hard to believe we are already at the end of the Spring Term. The children have been incredibly busy learning about seeds and how plants grow. They have loved planting seeds, taking care of them and comparing how different seeds grow. We definitely have many budding scientists in our midst! The fairy tales this half term, The Little Red Hen and Jack and the Beanstalk, have supported our Science learning. The children are becoming experts at retelling these stories, using our focus vocabulary words and story mountains. They are also getting very brave at creating their own stories and retelling them to the whole class.

Our Maths this half term has included weighing and measuring and many of our Concept Words have supported this learning. Thank you for all the photos posted on Tapestry that demonstrate the word we are working on. We have also been exploring with counters the different ways to make numbers to 10.

In Reception we see lots of writing throughout the day as children challenge themselves to write words and short sentences in our morning challenge, in Phonics and in choosing. Keep up the great writing and reading at home. The children have been bringing home reading sheets or a reading book and reading this regularly is really important but so is continuing to read to your child so that they can hear and learn more complex words and stories that improve their understanding. Remember to check Tapestry for a more detailed account of our activities in school.

PE kit has been sent home. Please check that everything fits and that there are spare socks, pants and trousers/skirt in their bag. As the weather gets warmer, there is more water play and more wet clothes! We are drastically low on spare pants, socks and trousers. If you have any that belong to school, please return them after the holiday or if you have any spares you can donate, we would be eternally grateful.

Enjoy the Easter Holiday!



Year 1

This term has flown by! We cannot believe where the time is going. We had a very successful Book Week and the children had their first experience of The Book Week Play. This involved lots of singing, laughter and some teachers being very silly. We learnt all about Fairy Tales and produced some excellent artwork, which we hope you got to see displayed in the School Art Gallery.

This half term, we concluded our work on The United Kingdom and the children worked hard to remember as much as they could about the 4 countries and created some great posters. We linked this topic to transport and in DT and we learnt about the mechanics of a wheel and an axle. The children designed and built their own moving vehicles and learnt a lesson about being resilient – this wasn't as easy as they first thought. We also based our Writing around transport and wrote some fact files about different emergency vehicles.

Thank you to those of you who gained sponsorship for our Sport for School Visit. We had great fun participating in a very energetic session with Will Bjergfelt. We were very inspired by his story and his achievements.

You will find a Phonic Screening information pack in your child's book bag. Alongside your usual reading, we would be extremely grateful if you could find some time to work through this with your child.

We have enjoyed a few breaktimes at school now in warmer weather without the need for coats. However, as the weather is so interchangeable, please do continue to send in a coat every day. This is also a good time for a polite reminder to make sure that your child's clothing is named. We've had a few missing jumpers recently! We wish you all a lovely break and we hope that the weather will become more Spring like when we welcome you back.



Year 2

The Spring term has fled by and we are so impressed with how hard the children have been working and the super progress so many of them have made.

The children have been learning to write non-chronological reports after reading many about different animals, learning how to start sentences in different ways and write in past and present tense, this week they put their new skills to test. They have invented a new type of animal (a hybrid of two current animals) and have written a non-chronological report informing others all about their new animal.

In our Art lessons we have been focusing on the work of the artist Kandinsky, we produced individual collages, Mothers' Day cards and painting inspired by his work.

In Maths, our focus has been on time and money. These are both skills which you will be able to help your child with at home. We have been reading the analogue clock to the nearest 15 minutes, using o'clock, quarter past, half past and quarter to. Many of the children were unaware of all of the coins and notes which we use, which is understandable given that we tend to pay for most things digitally. However, it would be really good support for your child's learning if they have the opportunity to handle money outside the classroom, in real-life.

Throughout the Spring term our Science learning has focused on animals and their habitats, this week the children have shown what they have learnt in our 'Moving Picture' Design Technology project. The children have made a moving food chain, with levers that slide and pivot. Many children independently made mechanisms that they have previously been taught and practised to design and make a creative moving food chain. Well done to all the children who are reading regularly and using Spelling Shed at home. This term it has really shown in the progress the children have made how important that regular reading and learning of spellings is. Thank you for supporting your child with this at home, we appreciate finding the time in our busy lives how tricky this can be.



Year 3

In Year 3 have had such a busy half-term and are all looking forward to a well-earned rest over Easter.

In Writing lessons, we have continued studying *The Iron Man* by Ted Hughes and used this exciting book to give the children some creative ideas for their letter writing unit. Some of the children have made excellent progress with their handwriting and have written some beautifully presented letters.

In Maths we have been learning about money. This has focused on using coins to pay for items and receiving the correct change using subtraction. The children all enjoyed creating their own items for a shop and working out how much change they needed to receive. We have also started a new unit learning about time and how to read both digital and analogue clocks. This is an easy and very useful skill to help your child with at home.

We have used knowledge from our Science unit 'Forces and Magnets' to help with our DT project, where the children designed and built cranes out of TecCard. These included a retractable magnet instead of a hook that they could use to pick up and move paperclips.

We have been so pleased to see the amazing work produced by all the children in our dance unit in PE. They have all grown in confidence and now confidently give positive feedback to each other and are happy to share their performances with an audience. Also, a special well done to our Year 3's selected for the school cross country team. It is always so hard to select just 10 children from the year group with such enthusiastic runners. The top runner in Year 3 has now travelled 153km in our running track sessions!

In RE we have been learning about Judaism. The children really enjoyed learning about Moses and his life. They learnt about the Jewish festival of Passover and why Shabbat is an important part of many Jewish people's lives. Next term will see us learning all about Islam and the children will build on their knowledge of people's beliefs and the diversity of the world around them.



Year 4

Well, it has been another busy few weeks in Year 4!

In Maths, we have just finished a unit of work on decimals, and we are now working on fractions. Please do feel free to complete some Maths over the holidays too, it is then not so much of a shock when the children return to school after a 2-week break! The children will all complete a national Year 4 times table check in June, so any practise at recalling their times tables will really help them with this. There are also lots of free games to play on the internet to further support them, for example timestables.co.uk and Topmarks Maths. Both have lots of resources the children can access to help their learning.

In Literacy, we have just completed a unit of work writing a biography for Mary Shelley who wrote Frankenstein using everything we have learnt about her this half term. The children enjoyed remembering key facts about her and arranging these under relevant subheadings. Thank you to all of those who are reading regularly with their children at home, it really does have a huge impact on your child's progress in all curriculum areas. The children love choosing their next book from our school library.

Our science topic this half term has been Electricity. As part of this unit of work, the children have all designed and created their own night lights for the final Design and Technology project. They had to think about who they were making it for and create a success criteria for their finished product. We then used the crumble kits with light sensors to programme their night lights to come on when it got dark/the sensor was covered. The children showed good perseverance and problem-solving skills to complete this task. It was lovely to see so many children helping others with their work, either by helping to find solutions if something didn't work or helping decorate someone else's project if they were running out of time!



Year 5

We have had a very busy time recently with our trip and our Design and Technology project.

This term, in Maths, we have been revising fractions, percentages and decimals as well as measures. This learning has been supported by Maths homework which acts as revision. It is still vital that you encourage your child to learn and practise times tables. Great web sites to help with maths are <https://corbettmaths.com/> and <https://myminimaths.co.uk/year-5-mini-maths/>

In Literacy, we have just finished our book 'Clockwork' and have created some amazing work based on our creation of a clockwork figure that would fit into the story. We concentrated on relative clauses, commas and figurative language.

We have thoroughly enjoyed our topic about the history of flight. The trip to the Fleet Air Arm Museum was amazing. We have learnt a lot of facts about aviation but our favourite was being able to go inside Concorde!

After the holiday, we will start our new topic about Brazil and the Amazon rainforest.

We have just finished sewing our earphone cases and they look really great. During this topic, the children learnt how to do backstitch and blanket stitch.

Thank you for your support with encouraging your child to read 4 times a week and continue to work hard with their homework.



Year 6

The Year 6's have been working so hard over the last few weeks. Our North America Geography work has continued with learning about biomes and the economy of the USA. In Science, we have just completed their unit about evolution and inheritance that built on what was learnt during the space dome visit. We have had a fantastic time in Art, producing pieces inspired by modern abstract paintings - the children have been so creative. Both classes have shown their maturity in PE lessons by refereeing their own games of endzone netball and bench ball. The house bench ball competition has been very close!

In English, we are continuing our preparation for the reading and grammar tests as well as building up our portfolio of writing, with our most recent piece being a discussion of whether we would like to live in New York.

In Maths, we have moved away from calculating with whole numbers, fractions, decimals and percentages and the children's confidence has really increased with these which has been lovely to see. We are now moving into other areas of maths such as measure, shape and space. We have been using protractors to measure angles and finding missing angles in shapes too. We thank you for your continued support with homework tasks and please encourage your child to work on their recall of times table facts if they are not yet secure.

A big shout out to all of the choir members who entertained us in assembly - it is lovely to see so many children from Year 6 in choir.

Over the Easter break, we ask that Year 6 continue to fill in their reading record. We have sent home a complete set of practice SATs papers, as we do every year, and ask that they are completed by the beginning of next term (please miss out the spelling task). It is up to the children if they choose to complete them in timed test conditions. Thank you for your support with this work.

Have a lovely Easter break!



Forest School

We have had another great couple of weeks at Forest School. Children in Key Stage 2 have been learning how to make a camp-fire safely. They have been taught how to prepare the fire, what to do if things go wrong, and the importance of always having adult supervision and the means to put out the fire. We have a little saying at Forest School - 'Never light a fire if you can't put it out!' Older children have made vegetable soup and bread and cooked it on the fire while younger KS2 children have just made bread. The Key Stage 2 children have been learning all about spotting the signs of Spring. We are very lucky to have so much nature at school and the children have observed the buds appearing on the trees and opening up to reveal the new leaves and blossom. In the ground we have seen first the snowdrops and the crocuses and then the daffodils and the daisies. In the pond we have seen the arrival of frogs, though this year the frogs have been hard to spot. However, we have seen many more newts than in the past.

As this is the last newsletter of the Spring Term all the Forest School staff wish everyone a very pleasant Easter holiday - hopefully everyone can get out for lots of walks and appreciate the amazing countryside and coastline that we are surrounded by.

Important School Information

Drinks

Please could you ensure there is only water in your child's drinks bottle. Our school policy is for children to have water rather than juice due to the significant health benefits to the regular drinking of water. Please speak to your child's class teacher if this is a problem.

School opening time

A reminder that school doors open at 8:45am and children should be in class by 8:50am. We have an increasing group of children regularly arriving late and they are missing vital minutes of their learning. Please could you do your best to bring your children into school on time. If you arrive early, before gates are opened, please wait patiently for the gates to automatically unlock. Please do not encourage your children to climb over gates.

School Uniform

After Easter we are making some slight adjustments to uniform going forward. Ties will no longer be part of The Redstart Primary School uniform so children will not be expected to wear these. We also are moving away from tailored shirts and introducing white polo shirts for all. Obviously, we don't expect you to buy anything new right away so children may still wear their tailored shirts until they grow out of them. To remind you, children are allowed to wear flat, black shoes of various sorts - this can be shoes, ankle boots or trainers. Trainers are a great choice since we encourage regular, daily activity and children are naturally designed to run around. They will also need another pair of trainers for outdoor PE lessons that can be left in school.

Earrings

Our school policy states the following:

Expectations for jewellery and hairstyles (taking into account the requirement described above to avoid discrimination in line with the Equality Act 2010):

Necklaces and bracelets are not permitted. Earrings may be worn but only a stud. There should be no other piercings.

Safeguarding

Safeguarding is high priority at The Redstart Primary School. We take every opportunity to ensure that our pupil's safety is paramount. We want our pupils to be healthy and happy and to develop well, both physically and mentally. The school follows the latest Government Guidance to ensure we are fulfilling our duties in this important area.

Our Designated Safeguarding Lead (DSL) is Mrs Rebecca Collins and our Deputy Designated Safeguarding Leads are Mrs Joanne Margetts, Mrs Tara Duke .The DSL for Nursery is Mrs Caroline Miller. Our Safeguarding Trustee is Mrs Lorraine Davey.

We have recently updated our Safeguarding policy in light of the new Keeping Children Safe in Education 2021 guidance. You can find our policy on the website in the Safeguarding section.

www.theredstartprimaryschool.co.uk/449/safeguarding

If you have any concerns about the safety of a child you can either talk to our DSL or DDSLs or you may phone Somerset Direct on 0300 123 2224.

There is lots of online safety advice on our website – please follow this link to help keep your child safe.

Our main Child Protection and Safeguarding policy is available on our school website and can be accessed here. This gives information regarding the measures we have in place to safeguard every child at The Redstart Primary School.

All staff and volunteers are trained in how to recognise signs of abuse in children and the internal processes for the reporting of such concerns. Whilst all members of staff are on hand and willing to speak to children who may be upset or concerned, we also have child -friendly posters displayed around the school with photographs of the Designated Safeguarding Leads who the children may also ask to speak to.

Should any of our parents/carers have a concern about any child, you may also contact a member of the safeguarding team.

Alternatively, you may report your concern directly to Somerset Children's Social Care on 0300 123 2224.

Where parents and children become aware of abuse happening within a school setting, it is also possible to contact the NSPCC helplines:

Help for adults concerned about a child: 0808 800 5000.

Help for children and young people: 0800 1111

Attendance

School Attendance - information for parents/carers

As per our attendance policy, the school undertakes regular monitoring of attendance to ensure that, where required, help and support is offered at the earliest opportunity.

In order to ensure parent/carers are kept up to date with their child's attendance record, the school will send out letters at specific intervals, for example, where there have been frequent absences or where attendance has fallen below a certain percentage. This is regardless of whether absences are authorised or where the school has been kept fully updated with the reasons for absence.

We do appreciate that it can be frustrating to receive a letter when your child has suffered absences which could not be helped i.e. where there is a rule to stay at home for 48 hours. Where the school identifies concerns (unexplained, sporadic or lengthy absences or continued lateness) parents/carers will be invited in for a meeting to discuss what support the school can provide to improve attendance.

Descriptor	Attendance	Whole Days Absent	Lost Hours of Learning
Excellent	100% - 99%	0 - 2	0 - 10
Good	98% - 96%	4 - 7.5	20-37.5
Requires Improvement	95% - 91%	9.5 - 17	47.5 - 85
Persistent Absentee	90% - 86%	19 - 27	95 - 135
Critical	85% - 80%	28.5 - 38	142.5 - 190

We thank all our parents/carers for continuing to update the school office where your child has been unable to come into school.

If your child is unable to attend school due to a medical appointment, please ensure you provide us with evidence of their appointment. This could be a letter from a hospital or GP or even a screenshot of an appointment email or text.

Also, please do not inform the school that your child has an appointment or is sick if you are, in fact, going on holiday. At Redstart we teach the children the importance of integrity and this is undermined if you ask them to lie about where they have been. It is most likely that we will find out anyway since children like to talk about their lives outside of school. We would rather you were honest and we can code your child's absence correctly and know that they are safe.

A message from FoRS

A huge thank you to everyone who came to our Easter Family Bingo event. We had a great night and raised a lot of money which will benefit our children in a number of different ways. We hope to be able to share with you soon some of the things that we have bought and contributed to, including an update on the new playground which we were able to help fund.

We are also grateful to a number of sponsors who generously supported this event with donations and prizes.



Fors Presents 

CAKE SALE
FRIDAY 19TH APRIL
After school


50p Per Cake 

Join us on the Main Playground or if Raining in the Main Hall and raise money for FoRS

Cakes made by Year 4 Children and parents / carers

Upcoming dates:

- * Friday 19th April: Y4 cake sale
- * Friday 26th April: Bag2School collection
- * Friday 10th May: Y5 cake sale
- * Thursday 23rd May: Wacky Races
- * Saturday 22nd June: Summer Fayre



Next collection:

Friday 26th April

Please bring your unwanted clothes and textiles to the main gate before school - you will receive an email with more information about what can be donated

Summer Events



On Thursday 23rd May, ForS will be hosting an exciting sponsored event—the Wacky Races!

Children will get sponsored to complete laps of the running track, dressed in fun and wacky clothes. We would love children to get creative and create their own vehicles to “drive” made out of old cardboard boxes or other scrap materials.

We will be sharing some ideas and suggestions on our Facebook page. There will be prizes for the best entry in each year group.

Parents are encouraged to come and support their children and refreshments will be on sale.

Our Annual Summer Fayre returns on Saturday 22nd June.

Plans are underway and we have a band and some performers booked for your entertainment. All the usual fun, games and refreshments will be there and it is promising to be another fun day. Put the date in your diaries and don't miss out!

If you would like to have a stall at this event it will be £10 for a pitch and you can book your place by contacting Natalie on 07734324333





Holiday Breakfast Scheme.



Holiday Breakfast Bags are arriving this Easter Holiday Time.

Do you think it may help you and your family to start the day with a good solid breakfast?

We will give you a free, no questions asked bag/s, to last a week, which will contain everything that is needed, regardless of your family size.

Just turn up at the St Mary's Centre on Saturday 30th March between 8.00 and 10.00 and Monday 8th April between 8.00am and 10.00am.

Anyone from the family can come to pick them up.

Stay and join us if you would like for coffee and toast while you are here.



Food Parcel Support

If any of our families are in need of a food parcel, please contact the school office and ask to speak with our Early Intervention Lead, Mrs Margetts. The food parcel service is provided by the Community Hub in town. Referrals made are treated confidentially. It is a 'no questions asked' service. You do not need to explain your circumstances unless you wish to and there are no income thresholds to meet to qualify. Some families may require a little support for a short time or there may be reasons for longer lasting support.



For children in **years 1 -6**

Our aim is to **inspire, engage** and **empower** the next generation of creators, coders, and inventors. We have put together an action-packed Activity Schedule with something for every child to extend their learning in a fun and unique way using the latest and greatest tech. Activities include:

- **ROCKING ROBOTICS** - Meet our robots and learn visual coding and programming skills that make them come to life!
- **INGENIOUS INVENTIONS** - Create electronic wonders, while exploring the world of circuits and invention with so many possibilities to explore.
- **3D CREATIONS** - Unlock your inner Tech Artist and create mesmerising three-dimensional creations
- **MEDIA MADNESS** - Enthusiastic directors, actors, and content creators will delve into the captivating realms of photography and filmmaking.
- **MINECRAFT & LEGO ENGINEERING** - build incredible structures and learn circuitry creation complex Redstone contraptions. Bring creations to life with Lego sensors motors, building fun for everyone.
- **VR or Lasertag** – As our Tech fun activity for the week will be swimming with dolphins or team building in a la-sertag quest.

All staff are DBS Checked and Qualified to run the best sessions in the safest environment. For more information check out our flyer attached, visit our website below or watch our video to see what to expect at camp <https://youtu.be/VWqFyudd9oU>

Our camps cater to **ages 5-11**. **Spaces are limited**, so **don't miss out** and **book online today or by the 15th March** using code **EARLYEASTER10** to receive **10% off**, simply visit: <https://www.nextthing.education/product/wellington-school-easter-camp-2/>

There are a limited number of **HAF places available** for eligible children on Free School Meals to attend the camp funded by the council. If you are eligible, please click on our HAF page to book.

We look forward to seeing you at camp!

Sincerely,

Next Thing Education Camps Ltd.

www.nextthing.education

info@nextthing.education

Local Events

FUNDED BY
TATWORTH & FORTON
PARISH COUNCIL



ALS

FUNTIME IS BACK



MONDAY 15TH APRIL

THEN EVERY MONDAY
EVENING 6:30-8:30PM

TATWORTH MEMORIAL
HALL

AGES 5-11

ARTS & CRAFTS | SPORTS
& GAMES | SNACK BAR |
KARAOKE

LOTS MORE TO SEE ON OUR FACEBOOK PAGE @FUNTIME.ALS

Local Events



PRE-BOOK BY 29TH MARCH £16 | ON THE DAY £20

PRE-PAID LUNCH +£4 LUNCH ON THE DAY +£5

ARTS | CRAFTS | SPORTS | GAMES

Activities may vary due to unforeseen circumstances
e.g. weather

EMAIL PETE.MAY@ALSYOUTH.ORG.UK FOR SIBLING DISCOUNTS & TO BOOK

Local Events

ILMINSTER ICONS EASTER INTENSIVE 2024

EXPERIENCE A DAY FILLED WITH
MOVEMENT, RHYTHM, AND
EXCITEMENT AT OUR EASTER
INTENSIVE!

THURSDAY 11TH APRIL
THE PHONEIX HOTEL, CHARD
09:30 - 15:30



REGISTER TODAY -
[ILMINSTERICONS.CO.UK/FORMS®ISTERTION](https://ilminstericons.co.uk/forms®istertion)

EASTER INTENSIVE 2024 THURSDAY 11TH APRIL 09:30 - 15:30 THE PHOENIXHOTEL

Join us for an exhilarating dance day!
Immerse yourself in a day filled with our most popular
classes, ranging from Acro to Musical Theatre,
designed to elevate your dance skills and creativity.

Unleash your passion for dance, connect with fellow
enthusiasts, and experience the joy of movement in
this intensive and exciting day with the dynamic
Ilminster Icons



REGISTER TODAY - [ILMINSTERICONS.CO.UK/FORMS](https://ilminstericons.co.uk/forms)
[ILMINSTERICONS@GMAIL.COM](mailto:ilminstericons@gmail.com)

Youth Indoor Nets

New Start Date

Friday 15th March 2024

6-9pm

Holyrood Sports Hall Chard

Girls and Boys Yrs 3-5 6-7pm

Girls Yrs 6+ and Ladies 7-8pm

Boys Yrs 6-9 8-9pm

£3 Per Session

Contact Dan- Youthcricket@chardcricketclub.com

07846661220



EASTER EVENTS AT HAM HILL COUNTRY PARK

2nd April 2024
10am - 12pm

**Fire Lighting &
Campfire Crafts**



4th April 2024
10am - 12pm

**An Eggcellent Eggy
Eggxtravaganza**

5th April 2024
10am - 12pm

**Woodland Wander &
Den Building**



11th April 2024
10am - 11.30am

Fossil Fun

12th April 2024
10am - 11.30am

**Spring Forest Fun for
Mini-Adventurers**



**£6 per child ticket. Booking essential for all
events. All children must be supervised by an
adult at all times.**

**See full details and booking on webpage.
Follow link or scan QR code.**



<https://www.visitsouthsomerset.com/events/nature-and-wildlife>



*Fancy an afternoon of fun and games, with FOOD
thrown in?*

The Methodist Church in
Fore Street, Chard
(opposite Wetherspoons)
is holding a

Post- Easter Fun Day

(Messy Church style)
on

Saturday 6th April at
2.30pm



Children aged up to 11 with
parents/guardians welcomed



Families



EASTER MULTI-ACTIVITY CAMP

Join us this Easter for Pro-Coachings multi-activity camp! Dive into a world of sports excitement while enjoying the added bonus of creative crafting, including bracelet making.

Join us for a sport-centric adventure with a sprinkle of crafty fun this Easter holiday

**8TH - 11TH APRIL 2024
HOLYROOD ACADEMY**

What can you expect:

- ✓ Multi-Sports Games and Skills
- ✓ Dedicated craft station
- ✓ Nutritious Lunch
- ✓ Learn how to grow vegetables

**£25
PER DAY**



Times: 9am - 3pm
Age: 5-13 Years

Lunch and nutritional
snack included

Use QR code or head to
www.pro-coaching.co.uk

For more information contact us at
info@pro-coaching.co.uk



f FunTime.als

FUN TIME

6:30-8:30pm

Wednesday's The George Reynolds Centre

**Friday's @ Chard Young People's
Centre**

SLIME MAKING HOVERBOARDS KARAOKE & DANCE
ARTS & CRAFTS Inflatables Rainbow
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Chard Community Hub

**Saturday 6th April
10am - 2pm**

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For more info: tgreynolds@holyrood.bep.ac

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10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're preoccupied in another activity such as drawing, writing, watching or sport. If it's possible, taking part in these activities together presents you with an opportunity to learn insights while doing something else by side. A child may feel less pressure that way and can be more inclined to open up at their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "What did you spend time with at break?" or "What did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries. The reluctance that their feelings are important and worthy of consideration. Usually, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat the behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, putting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Youth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, counsellor and trainee executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalonsafety.org for further guides, blogs and tips for advice.

SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a heavy amount if a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spend your time but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Richardson is an online safety specialist, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various guidance papers and created our resources for the National Government's eSafety framework and leading behaviour of young people in the UK, US and Australia.



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