



Newsletter – 23rd January 2026

TEAM OF THE WEEK:

This week's Team of the Week are:



P16: Grace P, P16RM, Thomas O

KS4: Leo, Kenny, Callum, Ethan,

KS3: Harry, Ellen, Cory, Pine Class, Olly

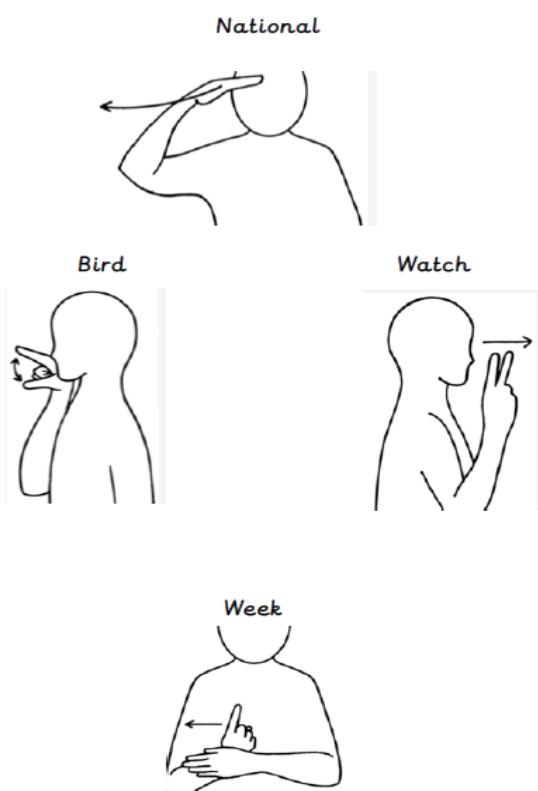
Primary: Jack I, Oliver, Llewellyn, Khiros, Cheyenne, Louie, Bonny.

WELL DONE!

SIGNS OF THE WEEK:

Time To Talk

National Bird Watch Week



DATES FOR THE DIARY:

Tuesday 10th February – Online Safety Day

Friday 13th February – End of Term 3

Monday 23rd February – Term 4 Starts

Friday 6th March – World Book Day

W/C Monday 9th March – P16 Work Experience

W/C Monday 16th March – P16 Work Experience

Thursday 2nd April – End of Term 4



CHILDREN'S COMMUNITY HEALTH SERVICES SURVEY

Bristol, North Somerset and South Gloucestershire Integrated Care Board are working closely with the local authorities, NHS providers and voluntary organisations to review existing health services for CYP and to identify strengths and areas for further improvement.

This survey explores views on a wide range of services including health visiting, school nursing, speech and language therapy, mental health services and ADHD and Autism assessment services.

Here is the parent survey link:

[Children's Community Health Services - Parent/Carer Survey](#)





PARENT/CARER SURVEY

We are currently reviewing the offer of support that we as a school provide for our families. We are looking at increasing our online and in person training and support that can be available to parents on an ad hoc basis whilst looking at how we can further improve our parent/ carer tea and coffee afternoons. To help us with this can you please complete the short feedback survey? Thank you in advance.

[Parent carer support/ coffee afternoons feedback – Fill in form](#)



COATS4KIDS

Coats4Kids works with schools to make sure that children who do **not have a warm winter coat of their own** receive one quickly and with dignity.

Please let Family Support (Carla Dymond or Michelle Flook) know if your child is in need for a coat and we will submit a request.

For more information click on the link below:

<https://www.coats4kids.org.uk/>



Coats4Kids

RASHES

We would like to remind families to follow NHS guidance when children develop a rash. Some rashes can be linked to infectious illnesses and may require children to stay at home or seek medical advice before returning to school.

If your child develops a rash and you are unsure of the cause, please check the NHS website or contact your GP, NHS 111, or a pharmacist for advice. Child should not attend if they are unwell or if the rash is accompanied by a fever or other concerning symptoms.

<https://www.nhs.uk/symptoms/rashes-babies-and-children/>



NUT FREE SCHOOL

We would like to remind all parents and carers that we are a nut-free school. This includes ALL nuts, as some children have a severe allergies and even small traces can be dangerous.

Please do not send any foods containing nuts in lunchboxes or snacks, and be mindful of labels, as some products may contain nuts or traces of nuts. We also ask that foods such as nut-based spreads are also avoided.





SCHOOL NURSING TEAM

On Monday 26th January the School Nursing Team are coming into school to deliver the National Child Measurement Programme. School children in Reception and Year 6 have their height and weight checked at school as part of the programme, reception children will also have a vision check. School Nursing collect this information to build a picture of how children are growing to help plan better health and leisure services for families

If your child is in a class with reception pupils, they may be offered the opportunity to attend, their measurement data will, however, not be added to the programme data.

Once the measurements have been completed, School Nursing will let you know what the measurements are in a letter which will also include information and advice to support healthy living. A member of the school nursing team may also contact you to discuss your child's feedback and to offer further support.

If you would like more information about the programme or have any concerns please contact School Nursing on 03001256798 or nsomerset.schoolnurses@nhs.net

BAGS 2 SCHOOL

Pine Class are also organising another bags2school clothes collection on Wednesday 25.2.26, so please collect your unwanted or too small clothes in bin bags or our bags over half term and bring them to school by Wednesday 25.2.26 ready for the collection as this is also a fundraising activity to raise money for school. see poster attached.



**Bags
2school**

On the 25th of February we are doing a bags 2 school collection where you will have the opportunity to bring in clothes in bags provided for the school to give to the charity and receive some money.

What we collect

We collect Clothing, bags, hats and paired shoes



What we don't collect

We don't take School uniforms with and without logo, Duvets and blankets, Pillows and cushions, Soiled, painted, ripped or wet clothing.



BLUEBIRD CLASS NEWS

What great start to term 3 Bluebirds have had! We have had lots of fun learning all about Spain. We went on a trip to the airport to see the planes with Hawk Class, we were lucky enough to see some take off and land! In Geography we made stained glass windows and shone torches through them to see the colours light up. We have also been practicing moving in a variety of ways in PE in circuit activities.



HAWK CLASS NEWS

Hawk Class have had a great start to term 3. It has been busy but FUN! This term we have been learning all about Spain and enjoyed tasting some Spanish food! We looked at how we can get to Spain and different modes of travel. To support our learning with this, Hawk Class went on a trip to the airport with Bluebird Class. We were lucky to see planes land and take off! We also looked at the La Sagrada Familia and made our own stained-glass windows.





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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT ¹⁸

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably won't want your child to hear or repeat.

18

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking age-inappropriate sites and reporting content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgenson is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



National Online Safety®
#WakeUpWednesday

Source: <https://www.education.gov.za/documents/about/programme/bulkytoppingsinappropriate.pdf> <https://www.safesurf.gov.za/education/training-programs/professional-learning-program-teachers/inappropriate-content-factsheet.pdf>
<https://www.wecaregreatly.co.uk/wp-content/uploads/2020/04/online-media-tivity-year-1.pdf>

www.nationalonlinesafety.com

[@natonlinesafety](https://www.nationalonlinesafety.com)

[/NationalOnlineSafety](https://www.nationalonlinesafety.com)

[@nationalonlinesafety](https://www.nationalonlinesafety.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021