

## Newsletter ~ Term 1, Week 1

A big welcome back to you all and especially to our new families – I hope you enjoyed a good summer break (despite present circumstances) and are feeling refreshed. Thank you for sending the children back to school so keen to learn and looking so smart in their uniforms. They have had a very settled start to the year and are getting to know their new teachers, the Covid-19 rules and the expectations in their new classes.

We would also like to thank you, our parents and carers, for taking on board the huge number of changes we have had to introduce to comply with our risk assessment.

And finally, we would like to thank you for your many kind words, gifts and 'thank-yous' at the end of the term. We really did appreciate them.

### Covid-19 Update

A message from the government...

To ensure we identify those with coronavirus while avoiding a huge increase in demand for tests from people without coronavirus symptoms, we ask that you recommend to your pupils, students and staff who feel unwell, that they get tested if they develop one or more of the main coronavirus symptoms:

a high temperature

a new, continuous cough

the loss or change of their sense of taste or smell, or

they are recommended to get tested by a healthcare provider (e.g. GP or nurse)

**If a pupil, student or staff member develops one or more of the main coronavirus symptoms described above, only they should be tested. There is no need for their households to have a test, unless they are also symptomatic.** Unless a pupil, student or staff member has one of the three main coronavirus symptoms, they should only be tested if instructed otherwise by the local authority, health protection team or their GP.

### Nut Allergy

Just a reminder that we have children with nut allergies in school so **no products containing nuts** should be brought into school.

### ParentPay

If your child is new to the school, please remember to activate your ParentPay account. Until you do this, you will not be receiving vital information from us. All new children should have received an activation letter from the class teacher.

Please let the school office know if you have any difficulties with activating your account.

### Mental Health and Wellbeing

Please see the flyers attached, which detail some new services available in this area, if you are concerned about your well-being or the well-being of a family member.

### Goodbye to a Good Friend



I'm sure many of you are aware that Father Tom is leaving St Francis' Parish to spend some in France. We are sad to see him go – he has been a good friend to our school throughout all his time with us – but of course our prayers and grateful thanks go with him.

### Starting School?

If you have a child born between 1 September 2016 and 31 August 2017, then now is the time to apply for a place at our school for admission from September 2021 onwards. You must complete an application form that is available from the school admissions team of North Somerset Council. If your child has been baptised and you wish to apply for our school, you must also provide a copy of the baptism certificate to the school. Please ensure you apply by the closing date of 15 January 2021.

## Ofsted Update

Since our Ofsted and Section 48 visits, staff and governors have been working tirelessly on the areas identified by the reports and are united in their commitment to do the best we can for our school. Much of the work going on will be 'in the background', but we will give you regular updates through this newsletter of the changes we are making and the work we are doing.

Since September we have:

- All undertaken the regular safeguarding training carried out every year
- Had a useful and very positive visit from the North Somerset Safeguarding in Education Officer, who reviewed our Covid-19 risk assessment and safeguarding procedures
- Reviewed our behaviour policy to ensure that any low-level disruption identified in the report is dealt with as effectively as possible.

In order to make more rapid progress on our curriculum work, North Somerset has given us an extra Inset day this year, which will be on 22 October 2020. As we already have an Inset planned for 23 October, **term 1 for the children will finish on 22 October 2020.**



Our busy year 6 children working hard already....

...And looking very happy to be together again.



## Queuing Outside the School

Please queue outside the school socially distanced from other families and in single file. Thank you for arriving at school at your allotted time – this will really help alleviate overcrowding outside our school gates.

## And finally...



September 8 is celebrated in the Catholic Church as the Nativity of Mary, the mother of Jesus. Thank you to the children of year 6 who reminded me of this while I was visiting their class on Tuesday

This special day has been celebrated since the 6<sup>th</sup> century and is still marked today in many parts of the world with processions and masses.

We think of Mary as the mother of Jesus but also the mother of us all, a saint prepared to accept the will of God in the most remarkable way.

**Love will cost you dearly.  
And it will break your heart.  
But in the end, it will save the world.**

— Sarah Theborge



# Time to start school

Parents of children born between **1 September 2016 and 31 August 2017** need to apply for **2021 school places now**

Applications open on **12 September 2020**  
and close at **11.59pm** on **15 January 2021**



You can apply online at [www.n-somerset.gov.uk/admissions](http://www.n-somerset.gov.uk/admissions)

A Parent's Guide to Starting School will be available on the website from 12 September 2020.

School Admissions Team  
North Somerset Council  
Town Hall

Weston-super-Mare  
BS23 1UJ

Tel: 01275 884 078

Email: [admissions@n-somerset.gov.uk](mailto:admissions@n-somerset.gov.uk)

Web: [www.n-somerset.gov.uk/admissions](http://www.n-somerset.gov.uk/admissions)



## ARE YOU:

Feeling worried, nervous or afraid?  
Experiencing racing thoughts?  
Avoiding situations that make you worried?  
Experiencing butterflies or a stomach-ache?  
Feeling sweaty, shaky or short of breath?  
Struggling to sleep?  
Having difficulty concentrating and making decisions?



These are common symptoms which everyone experiences to some extent. Sometimes these symptoms can overwhelm us and prevent us doing things we'd like to do. The good news is that help is out there to support you with these difficult feelings and symptoms!

The Wellbeing Practitioners at Wellspring Counselling are offering free support to children and young people (aged 11 – 18). This support is known as guided self-help and involves learning and practicing techniques to help you manage these symptoms.

**If this is something you're interested in, please contact Krissie on [krissie@wellspringcounselling.org.uk](mailto:krissie@wellspringcounselling.org.uk)**

This support is suitable for mild to moderate difficulties with wellbeing or mental health. Unfortunately our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.

Wellspring Counselling is a local charity providing affordable counselling for adults and donation-based counselling for children and young people in North Somerset. WellSpring is only able to provide sessions thanks to donations, grants and fundraising events. If you would like to donate, please visit: <https://wellspringcounselling.org.uk>  
Registered charity number 1042995.

## Helping your child with challenging behaviour

The Wellbeing Practitioners at Wellspring Counselling are offering support for parents with a child, aged 5-12, who are displaying mildly challenging behaviour at home.

This intervention is helpful if you would like support and help to understand this behaviour and learn strategies to encourage positive behaviour and reduce negative behaviour.

We are able to offer an initial telephone assessment to establish whether this is the right support for you, followed by 6 telephone sessions to help you develop skills in managing difficult behaviour.

This will involve working your way through the workbook sent by the Wellbeing Practitioner, and discussing the material during weekly phone sessions.

**If this is something you're interested in, please contact Krissie for more information on [krissie@wellspringcounselling.org.uk](mailto:krissie@wellspringcounselling.org.uk)**

This support is suitable for mild difficulties with behaviour. Unfortunately, our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.

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Registered charity no: 1042995



## Helping your child with fears & worries

The Wellbeing Practitioners at Wellspring Counselling are offering support for parents with a child, aged 5-12, experiencing anxiety.

This is a guided self-help intervention utilising the book 'Helping Your Child with Fears and Worries' (Creswell and Wilson, 2018). We support parents to develop Cognitive Behavioural Therapy skills that will help their child manage their anxiety.

We are able to offer an initial telephone assessment to establish whether this is the right support for you, followed by 5 telephone sessions to help you learn CRT skills.

This will involve working your way through different chapters of the book advised by the Wellbeing Practitioner, and discussing the material during weekly phone sessions.

If this is something you're interested in, please contact Krissie for more information on [krissie@wellspringcounselling.org.uk](mailto:krissie@wellspringcounselling.org.uk)

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REGISTERED CHARITY NO. 1042891

## WELLBEING SUPPORT

With all of the changes going on, some young people may feel unsure how to continue to support themselves and look after their wellbeing.

The Wellbeing Practitioners at Wellspring Counselling are offering free wellbeing support to children and young people (aged 11 to 16) during the Covid-19 outbreak.

We are able to offer an initial assessment session to establish whether this is the right support for you, followed by 5 telephone sessions to help you learn skills to boost your wellbeing.

This will involve working your way through our Wellbeing Workbook sent to you via email, and discussing the material during weekly phone sessions.

### What's included?

- Relaxation Techniques
- Stress Management
- Scheduling in Activities
- Identifying Your Strengths
- Building & Maintaining Relationships
- Useful Websites & Resources

If this is something you're interested in, please contact Krissie for more information on [krissie@wellspringcounselling.org.uk](mailto:krissie@wellspringcounselling.org.uk)

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